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Tight on cash in 2013? You're not alone

Survey finds majority of Canadians felt they were not better off financially this year PAGE 18

SORRY, I MEAN THE OPPOSITE OF WHAT I SAID

INDUSTRY MINISTER APOLOGIZES FOR 'INSENSITIVE' COMMENT PAGE 10

Cabbies buck bylaw, ignore customer calls

Revealing data.
Booked trips rare during peak hours

JEREMY NOLAIS
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Calgary cab drivers spent one-third of their working hours shunning customer calls over a one-month period earlier this year despite a bylaw barring the practice, according to telling data made public by city officials late Monday.

The figures are included in a report on new GPS and taximeter tracking conducted by city officials that is due to go before the taxi and limousine advisory committee on Friday. The findings reflect the habits of cabbies for the month of July, a particularly bustling period for drivers, given the Calgary Stampede.

According to the report, the 97 per cent of city drivers included in the city's tracking initiative spent 30.7 per cent of their time transporting customers, 35.6 per cent of their time booked onto dispatch without a fare and 33.7 per cent of the time doing neither. The thinking outlined in the report is that cabbies off-dispatch are likely hunting for guaranteed fares from customers hailing rides at the roadside.

Quoted

"It's just turned into a very big, vicious circle over the years and it's got to stop. The drivers have got to book in (to dispatch), the customers have got to be more trustworthy and not phone more than one cab company."

Kurt Enders, Checker Yellow Cabs owner

But the fallout for prospective customers like Jennifer Jackson, who's tried calling in the past on weekends for a cab to downtown from her home in the southwest, is never-ending busy signals and hours-long waits.

"We have tried calling from past events on two or three different phones and always had trouble getting through," she said.

"Once someone does, they sit on hold forever only to be told it's an hour-plus wait."

Efem, a driver of eight years with Associated Cabs, admits he shuts off the dispatch system if he gets frustrated with "no-trip" calls — that is where he heads to the location that a call was placed, only to find no customers around.

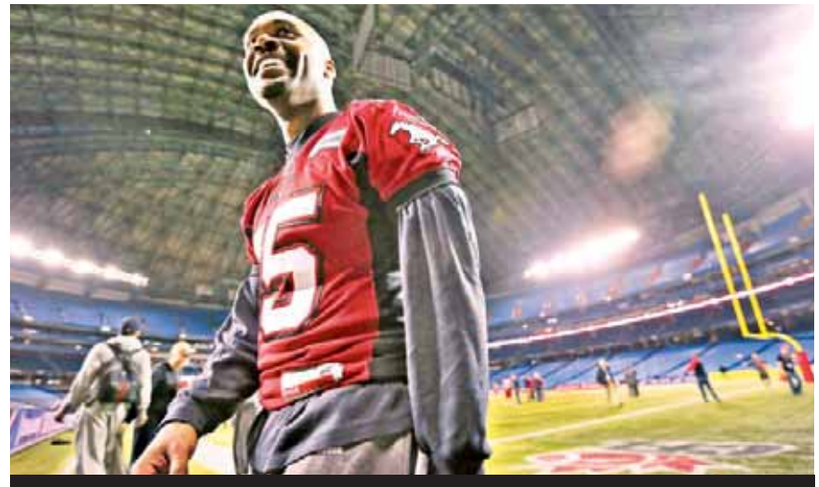
"Some people call multiple companies — it can be really frustrating.... I just go to the airport or the downtown — the downtown is very good," said the driver, who Metro identified only by a nickname to avoid potential repercussions from his employer and city livery officers.

But the city's livery bylaw clearly states that a driver must be booked onto a brokerage's dispatch system and must prioritize calls assigned by the system over flagged trips.

The bylaw states any driver violating the rules could be slapped with a fine up to $1,000.

City officials were expected to comment on the report Tuesday.

Follow Jeremy Nolais on Twitter @Metro_Nolais



HEADING TO OTTAWA

Kevin Glenn will be hurling passes in a new uniform next season, as the Ottawa Redblacks — a new entrant into the Canadian Football League — scooped up the Calgary Stampeders quarterback during the league's expansion draft on Monday. Story, page 29. TORSTAR NEWS SERVICE FILE

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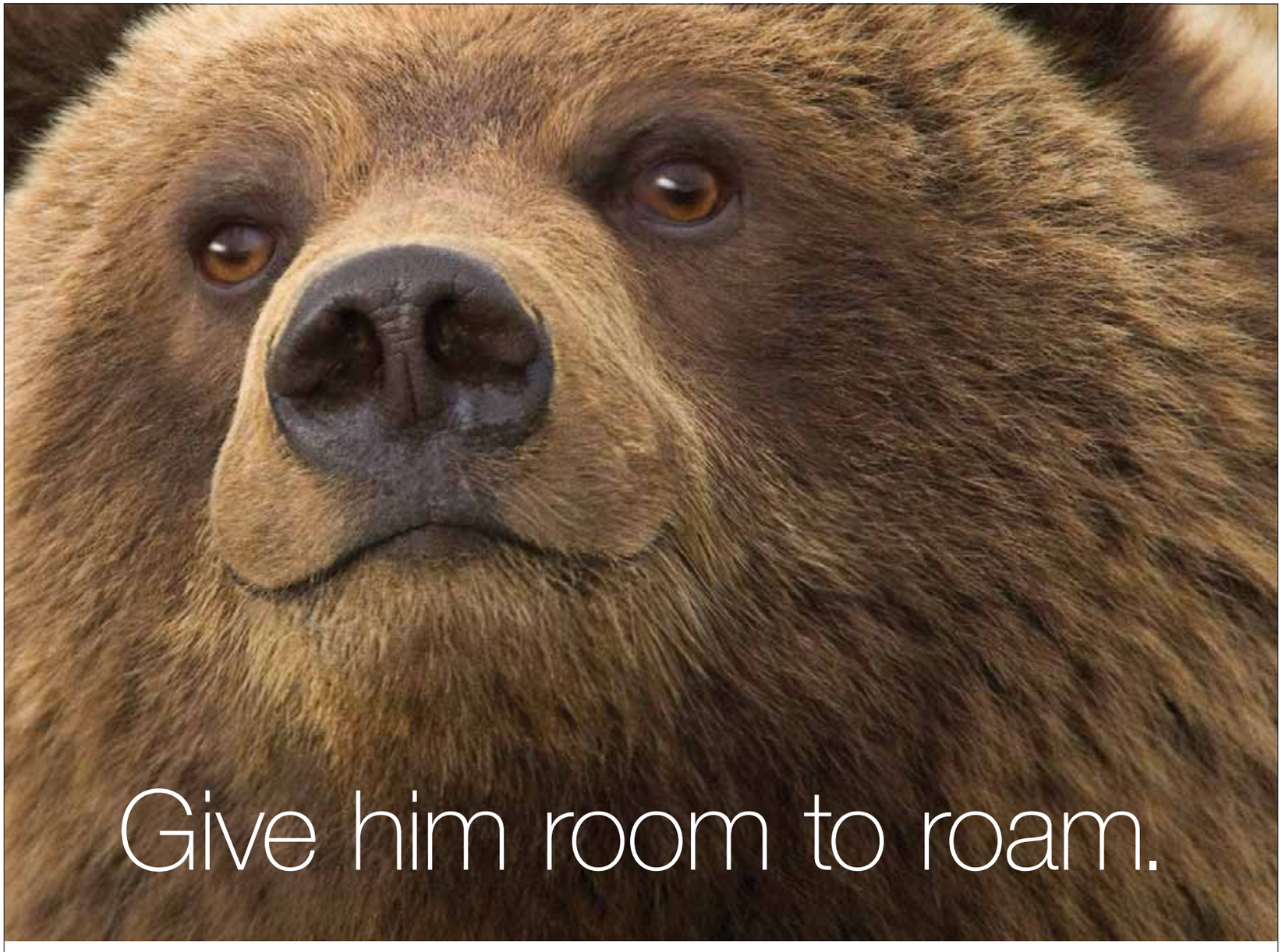

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Repurposing dams 'best hope' for flood mitigation

Control the flow.
Province working with TransAlta, but details remain, council hears

ROBSON FLETCHER
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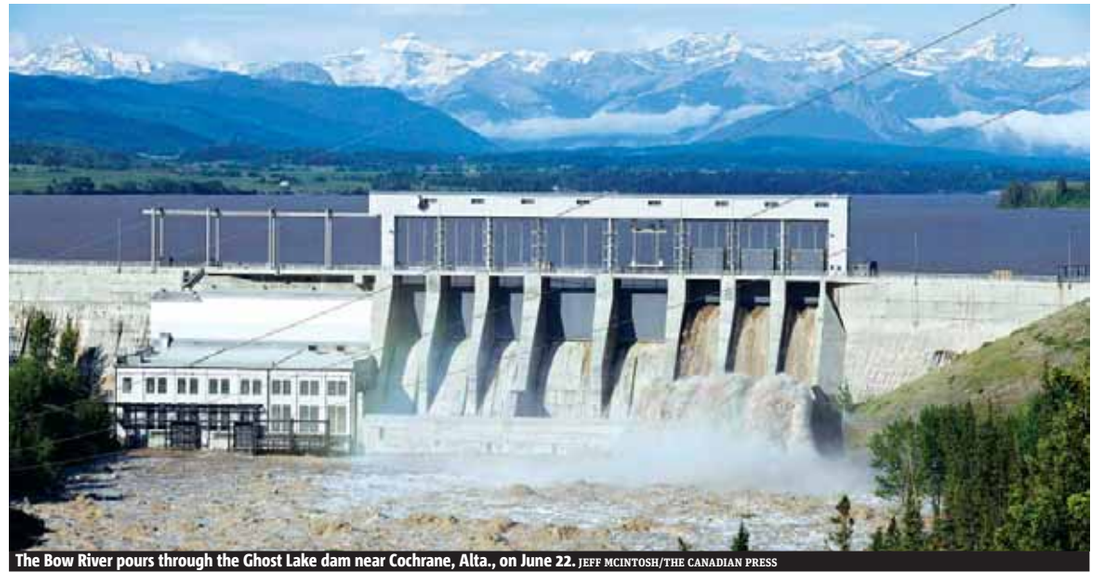

The Bow River pours through the Ghost Lake dam near Cochrane, Alta., on June 22. JEFF MCINTOSH/THE CANADIAN PRESS

TransAlta's existing dams upstream of Calgary offer "our greatest and best hope" of managing the flows of the Bow River to prevent catastrophic flooding in the future, city council heard Monday.

Wolf Keller, chair of the city's expert panel on flood mitigation, said infrastructure including the massive Ghost River Dam could be easily repurposed to be used primarily for flood control instead of power generation, provided the company is willing.

"I've told my guys a few times we should just buy the system," Keller said. "But that's a little bit out there, I think."

More realistically, he said, government could compensate TransAlta for lost revenue.

Mayor Naheed Nenshi said he was also encouraged about the potential after a recent meeting with Andre Corbould, who heads up Alberta's flood-recovery task force.

The mayor said Corbould informed him the provincial government is in "active negotiations" with TransAlta about adjusting levels on its Ghost River Dam with more of an eye to flood control.

"What they were suggesting for the Ghost River Dam would have basically mitigated the 2013 event along the Bow," Nenshi said.

When it comes to new flood-mitigation projects, some city councillors raised concerns Monday about just how prepared the city will be in the event of another flood next spring or summer.

While both the city and province have numerous projects planned, the major ones could take years to complete and Coun. Brian Pincott said there needs to be tangible stopgap measures in place, like sandbag stockpiles or materials to build emergency berms.

"It would be good if we, as a council, we, as a city, could say, 'Come June next year, these are the extra measures we're putting in place,'" Pincott said.

Gord Stewart, the city's director of flood recovery, said city and provincial officials are working together on such measures and the province is "prepared to provide us resources and funding to do that."

City manager Owen Tobert noted, however, that the city still has lots of post-flood work to do on projects like riverbank reinforcements and resources are limited.

"We're looking at a profound amount of resilience that needs to be done, and well, the clock is ticking and we're running out of time," he said. "But were doing the best we can."

And while Calgary's physical defences against flooding may only be marginally better by next spring, Nenshi believes the city is psychologically prepared to deal with another major high-water event, should one occur in 2014.

"One thing I didn't talk about much during the flooding — but was always just below the surface of the work that I was doing — was the mental and emotional well-being of people," Nenshi told Metro in an interview.

"One of the reasons I pushed so hard to encourage people to volunteer and to help out neighbours and strangers wasn't just to get the basements cleaned up more quickly. It was actually so that people who, in the worst period of their lives, when they were feeling so beaten down, would know they live in a community where others care about them."

Calgary perseveres

"Of course, if we had another incident like this, it would be psychologically devastating, but I think we've built up human resilience in addition to physical resilience." Mayor Naheed Nenshi tells Metro

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Calgary to review public-art policy

That's art? Half-million-dollar giant blue ring has become poster child of policy's failings

In the wake of the furor surrounding the giant blue circle erected near the airport at a cost of $470,000 to taxpayers, Calgary will review its public art policy.

Council voted Monday overwhelmingly in favour of a plan to examine ways in which public-art projects are funded, selected and used.

The idea was put forward by the mayor and a half dozen councillors representing a broad range of the political and ideological spectrum.

Among them was Coun. Shane Keating, who said the city's policy of putting aside one per cent of the cost of major infrastructure projects for public art was good in theory, but needs tweaking in practice.

Coun. Druh Farrell, a strong supporter of public art, agreed.

"We have an opportunity to strengthen a policy that frankly can be controversial," Farrell said, adding that the jury process currently used to select art projects should be opened up to engage more Calgarians.

Coun. Sean Chu and Coun. Ward Sutherland, who both voted in favour of an unsuccessful motion last month to cut funding to the Calgary Arts Development Authority, said local artists should be guaranteed a percentage of public art projects.

Mayor Naheed Nenshi said that would violate trade agreements signed by the province, however.

"We are not allowed to have a local priority for anything that we tender," Nenshi said.

Coun. Brian Pincott voted against the review motion, saying he couldn't support the suggestion that the city consider a "sliding scale" of arts funding for larger projects, instead of the full one per cent.

Coun. Andre Chabot also voted against the motion, saying it was too convoluted.

ROBSON FLETCHER/METRO

This piece of art, named Travelling Light, has been the subject of much public scorn and ridicule since it was erected in October. METRO FILE

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Calgary Transit inks $8M e-fare contract with same company that failed last time

City lawyers and staff with Calgary Transit have hammered out a new deal with the same company that failed to deliver an electronic fare system last year, saying this time they expect better results.

"We're good to go on our original agreement with our original budget," transportation manager Mac Logan told city council Monday.

Transit director Doug Morgan said last month that sticking with the Spanish firm Telvent will cost the city $8 million and should see the new e-fare system rolled out by the end of 2014.

Starting from scratch with a new company, meanwhile, would cost in the range of $19 million with a roll-out date in mid-2016, Morgan said.

Mayor Naheed Nenshi said he was cautiously optimistic that the system will work this time, after widespread failures with the previous "smart card" system.

"Telvent has made some changes — a number of changes — both technical and management, and have come back with another solution," Nenshi said. "Telvent has actually done this many times before. It's not like we hired a completely unknown company to do this."

City staff will monitor and manage Telvent's progress "very, very, very tightly" this time around, Nenshi added.

Asked if he thinks the e-fare system will indeed be available in a year's time, Nenshi replied, "Here's hoping."

ROBSON FLETCHER/METRO

$40 million

Calgarian giving lotto winnings to charity

A Calgary man who won $40 million says he will donate it all to charity.

Tom Crist was the winner of the Lotto Max jackpot on May 3.

"Cancer is a big one because my wife passed away from cancer two years ago in February," Crist said. "I just retired at the end of September so I was fortunate enough in my career to set myself up and my kids anyway."

Crist plays both Lotto Max and Lotto 6-49 by subscription, meaning players can pay for their selections for up to a year at a time. Crist says he never expected a call telling him he'd won the largest lotto prize ever in Calgary.

"I wasn't even sure which game I'd won on, or what the numbers were," he said after his prize was announced Monday.

Crist's prize is also the largest won on a lottery subscription within the Prairie-North lotteries region. METRO

Nenshi wants more city say over future of Harvie Passage

Canoeing, kayaking. Paddling groups say they're helping plan repairs to damaged site

BRYAN WEISMILLER
bryan.weismiller@metronews.ca

Mayor Naheed Nenshi pushed Monday for the city to wade deeper into plans for the flood-stricken Harvie Passage.

However, Calgary river users say they've already floated some ideas to the province over what to do with the notorious Bow River stretch.

The general theme — at least from two groups — is making the passage easier to navigate.

"What we found with the original design is that the easy channel wasn't as easy as what the engineers designed," said Chuck Lee, executive director of the Alberta Whitewater Association.

The two-channeled whitewater park was supposed to reduce danger around the century-old weir widely branded as the "drowning machine."

But that ended up a short-lived trial as June's flood battered the passage.

Mike Holroyd, head coach of Alberta's slalom canoe kayak team, also sees a chance for improvement.

A second right channel was carved out during the floods and Holroyd wants that kept to serve leisurely floaters.

On the consistently rougher left channel, he said tweaks are needed to create smoother, glassier waves and less violent, crashing ones.

The mayor, meanwhile, wants a bigger stake in what happens next, raising fears it could be reverted back to a weir.

Changes

In August, the province announced the flood-hit Harvie Passage would be closed indefinitely.

- River groups suggested Monday the entire 2014 kayaking season would be washed out due to the damage.
- About $17 million was spent to create the man-made pools and rapids on the Bow River in 2012.

"I would hate it if the province just went ahead and did whatever it wanted," Nenshi said at council.

A spokeswoman said the province fully intends to co-operate with the city but did not provide specifics on the project.

A paddler is seen passing through the Bow River's Harvie Passage, which was badly damaged in June's flooding. METRO FILE

City needs panic button for blizzards: Coun. Jones

A car sits buried in a snow drift in the northeastern community of Skyview Ranch on Dec. 11. ROBSON FLETCHER/METRO

Calgary needs to have more snow-removal contractors at the ready for future storms, according to Coun. Ray Jones, who said thousands of northeast residents have lodged service complaints over the past week and a half.

"I don't know if we need a bigger fleet," Jones said. "For one-time events, it's probably better to hire contractors out."

The problem, he added, is finding private companies willing to take work on a piecemeal basis, but he said it's something the city needs to figure out.

"Some of these people have been complaining they've been stuck in their house for seven to 10 days," Jones said.

As Metro reported last week, the city had spent just $21.5 million of its $34-million snow-removal budget for 2013 as of Nov. 30, and had another $3.5 million in reserve.

Given that, Mayor Naheed Nenshi questioned why more wasn't spent now.

"I'm at a loss to understand why we didn't start digging into the rest of this year's budget as well as the reserve," he said.

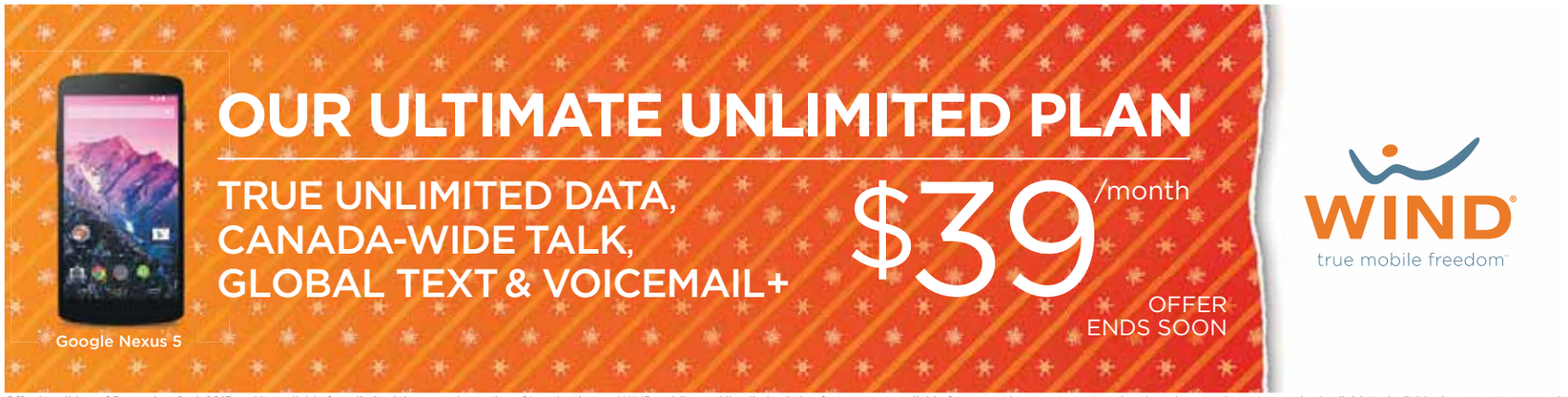
Transportation general manager Mac Logan said large amounts of blowing snow have repeatedly filled in roads an hour after clearing. He added the city has not been pinching pennies in dealing with recent snowfalls.

"We did not curtail our response based on budget," he said. ROBSON FLETCHER/METRO

Trapped trash

Due to snow drifts in back lanes, the city is asking residents in these northeast communities to move their waste and recycling bins to the front street if back lanes are impassable:

- Martha's Haven, Martindale, Saddleridge and Saddlelake, Taradale and Taralake.



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Data. Teacher numbers not keeping up with rising CBE enrolment

Calgary's public school board only has two dozen additional teaching staff on its payroll this year despite coping with more than 3,600 additional kids.

Financial figures for the 2012-13 year released by the Calgary Board of Education Monday paint a picture of the struggles plaguing city classrooms, and a top official noted Monday the $25.3-million increase in provincial funding for that year did not even cover increases to employee salaries and benefits.

Much of the same is being seen this year, with per-student funding on pace to drop three per cent, said Brad Grundy, chief financial officer.

"It doesn't cost less to educate a student every year," he said. "It in fact costs more, with inflation, salaries and wages that go over time."

In all, the CBE has 5,887 full-time equivalent certificated staff this year, up from 5,863 in 2012-13 — including 45 more staff hired with $9 million in additional funding provided by the province to counter enrolment jumps that exceeded officials' predictions.

Enrolment bumps in the neighbourhood of 3,500 students or more are anticipated in the coming years as well, Grundy said. JEREMY NOLAIS/METRO

Fee game

You may hate paying school fees, but the CBE says the revenue it generates from charging parents for portions of transportation, noon-hour supervision and instructional supplies costs amounted to $19.9 million in 2012-13. If that money were drawn from general funding, it could mean 200 fewer teaching positions in city schools.

More online

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Tories pledge new school projects in coming months

Education. Elementary facility announced for Aspen Woods

Ninety new school and modernization projects will be announced early in 2014, Alberta's education minister pledged Monday after formally unveiling plans to build a Catholic elementary in Calgary's Aspen Woods neighbourhood.

That project, first reported to be in the works by Metro on Sunday, comes on top of nine schools — six public, two Catholic and a replacement Francophone building — announced locally in May.

But boards continue to warn of urgent need in other areas.

Even though she glowed during Monday's proceedings, telling an audience the Aspen Woods building signalled that Christmas had come early for the Calgary Catholic School District, trustee chair Mary Martin said her organization needs many more buildings elsewhere.

Education Minister Jeff Johnson announces a new Catholic elementary school for Calgary's Aspen Woods neighbourhood at St. Joan of Arc School on Monday. JEREMY NOLAIS/METRO

Next up on CCSD's priority list is a $52-million high school for south of Highway 22X to house kids in the rapidly growing southeast.

"It is an urgent priority.... The two high schools that would currently be serving those communities, Bishop O'Byrne and Bishop Grandin, are at capacity or very close," Martin said.

In November, Education Minister Jeff Johnson said during question period that 90 more school projects would be green-lighted within a year. But on Monday he appeared to ratchet up that timeline, saying those projects would be rolled out "in the next couple months."

"There's incredible demand — enrolment pressures — across the province," Johnson told reporters. "But even beyond that, there's a lot of pressure on us from schools that need to be modernized, infrastructure that we need to invest money in."

The Aspen Woods facility was one of six announced in the province this month, but the public school boards in both Edmonton and Calgary were left out.

Opposition Wildrose critic Bruce McAllister pointed out that not one shovel has broken ground on the projects announced in May. JEREMY NOLAIS/ METRO

Capacity

The Aspen Woods Catholic school announced Monday will house 600 kindergarten to Grade 6 kids, officials said.

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Beauty queen shut out of ceremony

Japan. Last year's Miss International files criminal complaint against agency exec over alleged extortion

A Japanese beauty queen won't be handing over her crown to her successor after she refused to sign with a major talent agency.

Ikumi Yoshimatsu, winner of last year's Miss International contest, has filed a criminal complaint against a top agency executive alleging obstruction of business, stalking, intimidation and extortion.

She says he threatened her life after she formed her own management agency rather than use his.

The teary-eyed beauty queen told reporters on Monday the executive had threatened sponsors and shareholders, and she was barred from Tuesday's ceremony in Tokyo.

The executive, Genichi Taniguchi, denied doing anything to Yoshimatsu and said he holds no grudges against her. THE ASSOCIATED PRESS

Controversy

The organizers confirmed they won't allow Yoshimatsu to appear because they don't want media coverage of the controversy to overshadow the event.

Miss International 2012 Ikumi Yoshimatsu addresses a news conference in Tokyo on Monday. SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Trial. Knox's solicitation of donations for victim an 'unbearable contradiction'

A lawyer urged an Italian appeals court on Monday to convict Amanda Knox of murdering British student Meredith Kercher and denounced as "unbearable" that the American was soliciting donations in Kercher's memory.

Francesco Maresca, in his closing arguments on behalf of the Kercher family in the third trial of Knox and co-defendant Raffaele Sollecito, urged the eight lay jurors on the panel of 10 to disregard publicity over the case as well as Knox's own statements, including her criticism of Italy's judicial system.

"She has become a well-known person. You know she signed contracts for millions of dollars for her book. She has someone who takes care of her public relations. She has a personal website where she invites people to collect donations in the memory of the victim, Meredith Kercher, which is an unbearable contradiction for the family," Maresca said.

Knox is soliciting donations on her website for her defence as well as an unspecified project in Kercher's memory.

Amanda Knox
THE ASSOCIATED PRESS FILE

Knox's lawyer, Carlo Dalla Vedova, said after the hearing that she was doing so out of the friendship she felt for Kercher, and that the criticism of her actions was irrelevant to the case.

Kercher, 21, was brutally murdered in November 2007 in the apartment she shared with Knox in the university town of Perugia. She had been raped and her throat slashed. Prosecutors claim Knox and Sollecito carried out the murder with a third man, Ivory Coast-born Rudy Guede, who is serving a 16-year sentence.
THE ASSOCIATED PRESS

Britain

Police to charge two people over offensive tweets

British police will charge two people over offensive tweets sent to a feminist activist, an online onslaught that sparked a national debate over the limits of free speech and pushed Twitter to revamp its abuse reporting worldwide. Prosecutors said Monday that 23-year-old Isabella Sorley and 25-year-old John Nimmo would be charged with "improper use of a communications network."
THE ASSOCIATED PRESS

Same-sex marriage

Methodist pastor defies church's Book of Discipline

A United Methodist minister in the U.S. plans to defy a church order to surrender his credentials for performing a same-sex wedding. Rev. Frank Schaefer said Monday he cannot uphold the church's Book of Discipline because he finds it discriminatory. The Methodist church accepts gay and lesbian members but rejects the practice of homosexuality as "incompatible with Christian teaching." THE ASSOCIATED PRESS

Controversy. Fighter jets escorting Santa Claus' sleigh 'a lot of fun': Norad

The U.S. and Canadian military will entertain millions of kids again this Christmas Eve with second-by-second updates on Santa's global whereabouts. But there's something new this year: public criticism.

A children's advocacy group says an animated video on the Norad Tracks Santa website injects militarism into Christmas by showing fighter jets escorting Santa's sleigh. It's a rare swipe at the popular program, which last year attracted a record 22.3 million unique visitors from around the world to its website.

The North American Aerospace Defence Command defends the video as non-threatening and safe for kids.

The kerfuffle erupted two weeks ago over a 39-second video on noradsanta.org called Norad Tracks Santa Trailer Video 2013.

A five-second segment of the video, also on YouTube, shows two fighter jets flanking Santa.

The Boston-based Campaign for a Commercial Free Childhood said the video brings violence and militarism to a beloved tradition. Others had similar criticism. Blogs and Twitter lit up with volleys from both sides.

Josh Golin, the coalition's associate director, reiterated his criticism in an interview with The Associated Press, but he called the brouhaha "a media-manufactured controversy." The coalition hadn't known about the fighter jet video until reporters called, he said.

"Nobody in my organization was out there protesting," he said.

U.S. Navy Capt. Jeff Davis, a Norad spokesman, said he understands the critics' point of view but disagrees.

"We really do feel strongly that it's something that is safe and non-threatening, and not something that would negatively impact children," he said. "In fact, we think that it's a lot of fun."

Davis said the fighter escort is nothing new. Norad began depicting jets accompanying Santa and his reindeer in the 1960s, he said.

THE ASSOCIATED PRESS

Volunteers take calls in the 2012 Norad Tracks Santa Operation at Peterson Air Force Base, in Colorado Springs, Colo. BRENNAN LINSLEY/THE ASSOCIATED PRESS FILE

Moore apologizes for hungry-child remark

'Insensitive.' Industry minister changes tune from 'out of context' to sorry after full radio clip posted online

KATE WEBB
Metro in Vancouver

Federal Industry Minister James Moore apologized on Monday for making an "insensitive" comment to a reporter last week that child poverty is not Ottawa's problem.

"Is it my job to feed my neighbour's child? I don't think so," he chuckled to a Vancouver News1130 radio reporter, after saying the federal government is not going to "usurp the province's jurisdiction" over addressing child poverty.

At first, the B.C. MP insisted his comment had been taken out of context and also claimed the quote was inaccurate, but after the radio station posted the full audio clip on its website, he changed his tune.

"Caring for each other is a Canadian ethic that I strongly believe in — always have and always will," he said in a blog post published on his website on Monday.

B.C. has the highest child poverty rate in the country, at 18.6 per cent compared to the national rate of 13.3 per cent, according to advocacy group First Call.

Adrienne Montani, B.C. coordinator for First Call, said Moore's apology did not go far enough.

"He has a role as minister of industry to look at what kind of jobs, what kind of industries are getting federal government support and which kind aren't," she said.

"… Right now we need two parents to work in most families, so either bring down the cost of living, like childcare and housing, or raise wages, or make government subsidies better for those who the (job) market serves poorly and are on low wages. There are so many things they could do."

Moore did not make himself available for comment on Monday.

Industry Minister James Moore speaks in the House of Commons in October. ADRIAN WYLD/THE CANADIAN PRESS FILE

In a tight spot

The Harper government scrambled to shove a genie back into the bottle as one of its most sure-footed cabinet ministers made insensitive comments about hungry children.

- **Finance Minister Jim Flaherty defended the government touting its reduction of taxes to address income inequality.**
"We did the Working Income Tax Benefit, which people in that area of work will tell you was the most important tax reform for persons with limited income since the 1950s," he said.
- **The NDP and Liberals called Moore's comments callous and heartless.**
They accuse the government of failing hungry kids and poor families.

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Friends say fake signer was part of murder mob

Bogus interpreter. He was determined 'not mentally fit to stand trial' in 2003 killings, according to friends

Thamsanqa Jantjie, the bogus sign language interpreter. ITUMELENG ENGLISH/ THE ASSOCIATED PRESS FILE

The bogus sign language interpreter at last week's Nelson Mandela memorial service was among a group of people who accosted two men found with a stolen television and burned them to death by setting fire to tires placed around their necks, one of the interpreter's cousins and three of his friends said Monday.

But Thamsanqa Jantjie never went to trial for the 2003 killings when other suspects did in 2006 because authorities determined he was not mentally fit to stand trial, said the four. They insisted on speaking anonymously because of the sensitivity of the fake signing fiasco, which has deeply embarrassed South Africa's government and prompted a high-level investigation into how it happened.

Their account of the killings matched a description of the crime and the outcome for Jantjie that he himself described in an interview published on Sunday by the Sunday Times newspaper of Johannesburg.

"It was a community thing, what you call mob justice, and I was also there," Jantjie told the newspaper.

Jantjie was not at his house Monday, and the cousin told The Associated Press Jantjie had been picked up by someone in a car Sunday and had not returned. His cellphone rang through to an automatic message saying Jantjie was not reachable.

Instead of standing trial, Jantjie was institutionalized for a period of longer than a year, the four said, and then returned to live in his poor township neighbourhood on the outskirts of Soweto. At some point after that, they said, he started getting jobs doing sign language interpretation at events for the governing African National Congress Party.

Jantjie told The Associated Press last week he has schizophrenia and hallucinated, seeing angels while gesturing incoherently just three feet away from U.S. President Barack Obama and other world leaders during the Tuesday ceremony at a Soweto stadium. Signing experts said his arm and hand movements were mere gibberish. THE ASSOCIATED PRESS

Record appeal for Syrian aid

A Syrian man cries while holding the body of a child killed Sunday following a Syrian government airstrike in Aleppo, Syria. The exodus of millions of people from Syria prompted a record appeal by the UN on Monday for $6.5 billion to help the displaced. ALEPPO MEDIA CENTER, AMC /THE ASSOCIATED PRESS

U.S. security

Gitmo prisoners transferred

Two Guantanamo Bay prisoners have been transferred to Saudi Arabia as part of a renewed effort to close the offshore U.S. prison.

U.S. officials say the two Saudis have been transferred to the custody of their own government after a security review.

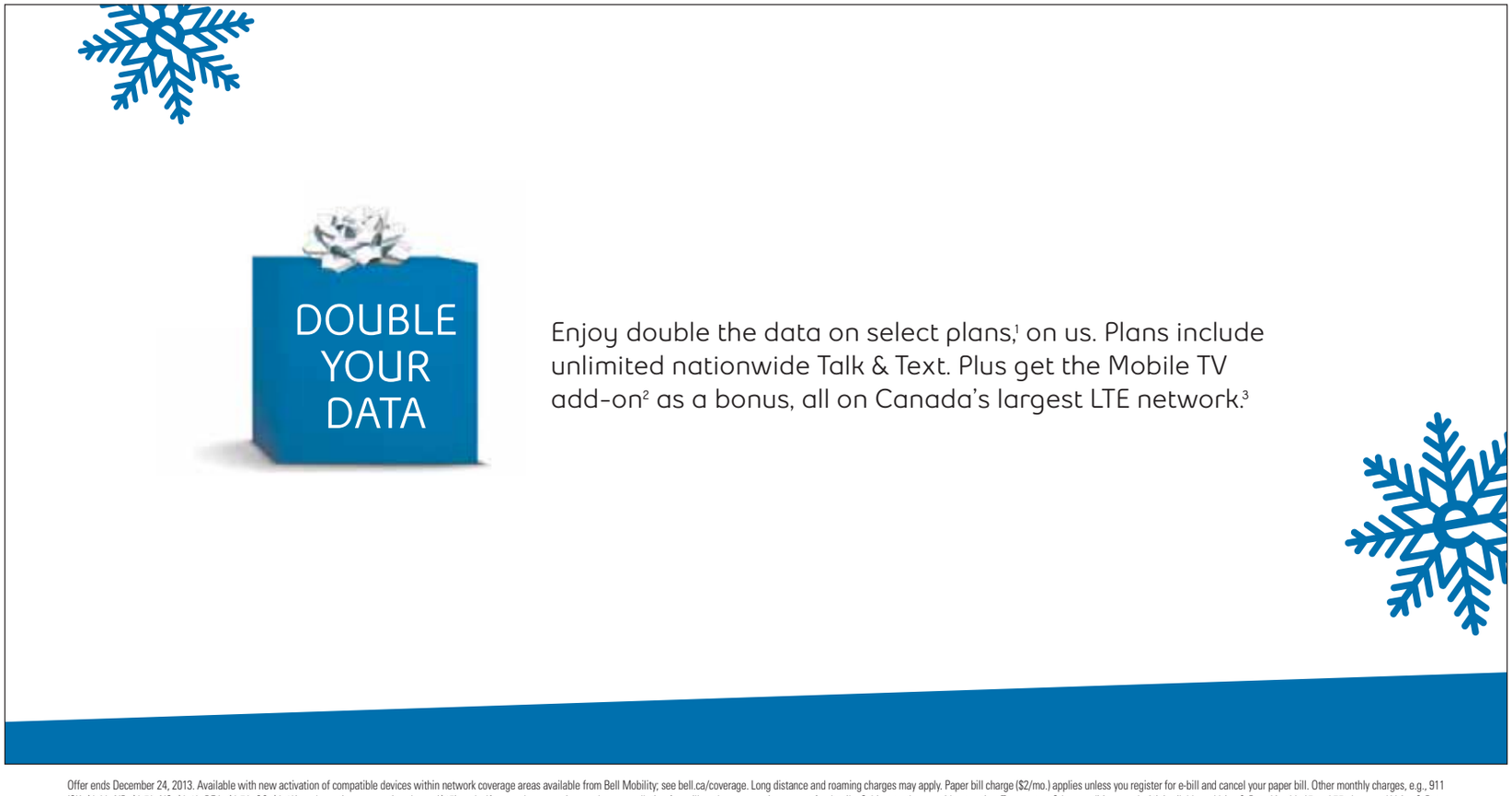
Neither man had been charged with a crime. THE ASSOCIATED PRESS

France

Lab meat sold for eats

Meat from horses used in laboratory procedures was illegally sold as fit for human consumption and landed on French dinner tables, authorities said Monday.

The complex case raised new concerns about how France, with its rich culinary renown, polices its food supply. THE ASSOCIATED PRESS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Indian physiotherapy students hold placards at a rally in New Delhi on Monday, the first anniversary of the fatal gang rape of a 23-year-old physiotherapy student on a bus. The case cracked a cultural taboo surrounding discussion of sexual violence in the country. SAURABH DAS/THE ASSOCIATED PRESS

Indians pay tribute to gang-rape victim

First anniversary. Attack sparked massive protests, spurring the government to double prison terms for rape and criminalize voyeurism, stalking, acid attacks and trafficking of women

Students, Bollywood actresses and women's groups held rallies and candlelight vigils across India on Monday in memory of a young woman whose fatal gang rape on a moving bus one year ago shook the nation's conscience.

The victim, a 23-year-old student, was heading home with a male friend after watching the movie Life of Pi when six men lured them onto a private bus. They beat the man with a metal bar, raped the woman and used the bar to inflict massive internal injuries. The two were dumped naked on the roadside, and the woman died two weeks later.

Protesters and politicians at a public meeting in New Delhi spoke of changes in social attitudes, tough new laws and police reform adopted after the massive street protests that followed the gang rape.

In New Delhi, Bollywood actress Swara Bhaskar led a group of musicians on a bus that performed street plays at several places along the same route taken by the rape victim's bus.

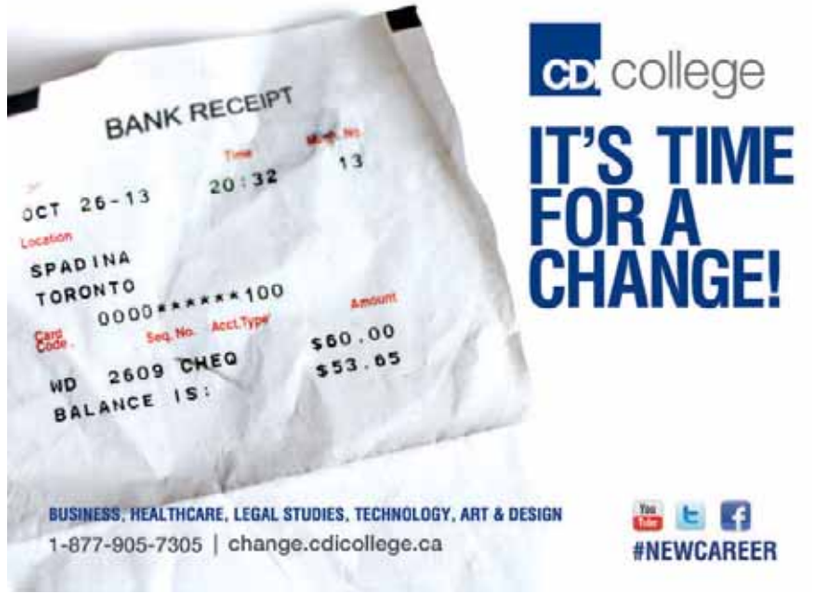
In central Delhi, a candlelight vigil was held by dozens of students in memory of Nirbhaya, or "fearless," the name given by the Indian media to the woman because rape victims cannot be identified under Indian law. Prayers were held in a temple in a southern suburb.

THE ASSOCIATED PRESS

Social attitudes

"Social mindsets have to change.... Only then can I say my daughter did not die in vain."

Rape victim's father at a public meeting, pointing out that although laws on crimes against women have changed, Indians need to change social attitudes toward women.



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Broken cooling loop spurs NASA debate over space station spacewalk

Repairs or restocking?
Cargo ship delayed another day because of the cooling problem in orbit

Spacewalk or space delivery? That's the question facing NASA as space station flight controllers try to revive a crippled cooling loop.

Half of the International Space Station's cooling system shut down last Wednesday because of a bad valve that made the line too cold. NASA is using a different valve to try to control the temperature, with some success, Kenny Todd, a space station manager, said Monday.

"Whether or not it will be enough ... we can't tell yet," said Todd.

The two American astronauts on board, Rick Mastracchio and Michael Hopkins, may need to make spacewalking repairs, beginning Thursday. That's the same day an unmanned rocket is supposed to hoist a space station cargo ship from Wallops Island, Virginia.

Spokesman Josh Byerly said NASA expects to decide Tuesday which should take priority — repairs or restocking.

Orbital Sciences Corp.'s Cygnus cargo ship has already been delayed a couple days because of the cooling problem in orbit.

The pump replacement would be put off until early next year, Todd said, if engineers determine that the flawed cooling line can "limp along" until then.

Six men are aboard the orbiting outpost: two Americans, three Russians and one Japanese. NASA has said from the start that the station is not in danger and the astronauts are comfortable.

THE ASSOCIATED PRESS

The astronauts aboard the International Space Station, pictured, dimmed the lights, turned off unnecessary equipment and put off science work Dec. 12 as NASA scrambled to figure out what's wrong with one of two identical cooling loops that shut down Wednesday. THE ASSOCIATED PRESS/NASA

Breakdown

Nonessential equipment turned off...

The space station cooling system, which runs ammonia through the lines, is critical for dispelling heat generated by on-board equipment. Nonessential equipment was turned off following the breakdown, and some science experiments were put on hold to keep the heat load down.

NASA estimates two or three spacewalks would be needed to replace the pump that holds the bad valve. If deemed necessary, the spacewalks would occur on Thursday, Saturday and, possibly, next Monday.

THE ASSOCIATED PRESS

Blackfish

Singers join ranks of entertainers cancelling on SeaWorld

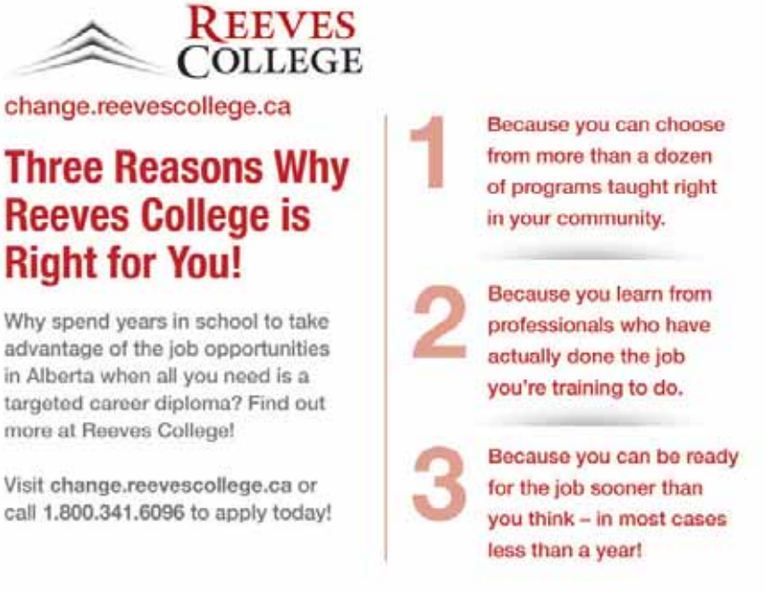
More entertainers have cancelled their appearances at SeaWorld Orlando following the recent release of a documentary that raises questions about the effects of captivity on whales.

Representatives for Trisha Yearwood and Martina McBride confirmed Monday that the country singers have joined the ranks of recording artists who have pulled out of performing at the park's February concert series, Bands, Brew and BBQ.

They joined Barenaked Ladies, Willie Nelson and Heart in cancelling their appearances.

The documentary, Blackfish, explores what may have caused a 12,000-pound orca named Tilikum to kill veteran SeaWorld trainer Dawn Brancheau in 2010. Tilikum pulled her into a pool. The orca was also involved in two other deaths.

THE ASSOCIATED PRESS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Call to makers

FDA wants proof antibacterial soaps safe and effective

After more than 40 years of study, the U.S. government says it has found no evidence that common antibacterial soaps prevent the spread of germs, and regulators want the makers of Dawn, Dial and other household staples to prove that their products do not pose health risks to consumers.

Scientists at the Food and Drug Administration announced Monday they are revisiting the safety of triclosan, a common sanitizing agent. THE ASSOCIATED PRESS

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Majority of Canadians felt strapped for cash in 2013

Canadians did not feel flush with cash this year. THE CANADIAN PRESS

Haves and have-nots. Albertans were most likely to feel better off, while Quebecers were feeling the squeeze

Sun Life Financial says 2013 wasn't a great year financially for most Canadians.

An Ipsos Reid survey conducted in November for Sun Life found that, overall, 57 per cent of Canadians felt they were not any better off financially than they were a year ago.

Those feelings were even stronger among women and those aged 55 and older, with 61 per cent of both groups saying their financial position had not improved year over year.

On the flip side, 38 per cent of those surveyed did say their finances had improved compared with a year ago.

Albertans were most likely to say they felt better off, at 47 per cent, followed by those in Saskatchewan and Manitoba, at 45 per cent, and Atlantic Canadians at 43 per cent.

Quebecers were least likely, with 63 per cent saying their financial position was no better than a year ago.

"It's concerning that a majority of Canadians aren't feeling better off financially than they were last year as we head into a holiday season where we tend to spend more and save less," Sun Life president Kevin Dougherty said of the results. THE CANADIAN PRESS

A down year

57%

The majority of Canadians felt they were not better off financially in 2013.

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FACEBOOK BUTTONS WE WOULD 'LIKE'

SHE SAYS

Jessica Napier
metronews.ca

What's not to like about Facebook? Plenty of things.

For years, users have been clicking the thumbs -up icon to show their approval on everything from vacation photos to music videos to engagement announcements. But what happens when we come across those news-feed items that aren't so likable?

Facebook engineer Dan Muriello recently announced that the global social media site is experimenting with a new "sympathize" button to provide an alternative option to the iconic "like." I can think of a number of appropriate occasions to use this new option, especially for melancholy posts about breakups, deaths or other personal tragedies. The "sympathize" button would also work well when used to express a comical "I've been there man" on a status update about an epic hangover.

It may be some time before this new feature pops up on our screens, but in the meantime I'd like to propose some additional new tools that those software engineers might want to consider. Here are my top five most wanted Facebook buttons:

The "dislike" button. Realistically, the much-discussed "dislike" button will never actually appear on the social networking site, but it's nice to dream. I know the potential for cyberbullying would be atrocious — but I'd love to have the option to give an enthusiastic thumbs-down to yet another Rob Ford video.

The "seriously?" button. This button would be reserved for all those racist and homophobic outbursts or generally ignorant remarks that make you cringe and wonder how you are even possibly friends with this individual. Also appropriate to use on any overtly suggestive bathing-suit photos and lengthy status updates full of hashtags.

The "OMG, if I see another picture of this baby, I'm going to lose my mind" button. OK, this one is pretty self-explanatory. Lately my news feed looks like a never-ending photo stream of offspring and it needs to stop. One or two snapshots of your newborn are lovely; posting a fresh 50-photo album every time the little tyke masters a new facial expression is completely gratuitous.

The "nobody cares" button. A special feature designed for those users who don't seem to understand that over sharing the daily minutiae of your mundane life isn't appropriate on Facebook (that's what Twitter is for). I'm looking at you, people who post multiple status updates whining about their flu symptoms in excruciating detail.

The "vomit face" button. Sometimes nothing can encapsulate your feeling of total disgust like a putrid green "I'm about to vomit" emoticon, which would be best suited for obnoxious humble brags, cheesy couple selfies, overly emotional song lyrics and anything to do with Robin Thicke. Bleugh.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

The *really* old game of cat and mouse

THE ASSOCIATED PRESS FILE

Domestication process verified

A cat-and-mouse game played out in a Chinese village some 5,300 years ago is helping scientists understand how wild felines transformed into the tame pets we know today.

In fact, it was the cat's appetite that started it down the path to domestication, scientists believe. The grain stored by ancient farmers was a magnet for rodents. And that drew wild cats into villages to hunt the little critters. Over time, wild cats adapted to village life and became tamer around their human hosts.

That's the leading theory, anyway, for how wild cats long ago were transformed and became ancestors of today's house cats. That happened in the Middle East, rather than China. But bones from the Chinese village back up the idea that felines took on the pest-control job in ancient times, says researcher Fiona Marshall of Washington University in St. Louis.

The study, focused on an agricultural village in northern China, comes from a poorly understood time in the history of cats. The first evidence of domesticated cats comes much later, in Egyptian artwork from about 4,000 years ago.

THE ASSOCIATED PRESS

5,300 years ago in China

- It's not yet clear whether the cats were from a local wild population, or were already domesticated and had been brought in from elsewhere. Either way, it shows that ancient cats filled the niche at the heart of the hypothesis about how domestication began.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

According to a study released by Netflix, you are indeed not the only person who spent an entire weekend watching Breaking Bad. In fact, more than 60 per cent of subscribers are binge-watchers, to the tune of 2.3 episodes per sitting. Here are some shows that will allow you to continue the habit — at least until Better Call Saul arrives.

CONTRIBUTED

Twin Peaks:

It seems a little silly to recommend a pop-culture staple, but everybody knows someone who has been affected by having never watched the immortal cult classic about a supernatural murder mystery in a rugged town inhabited by a surplus of unsavoury weirdos. Decide for yourselves if you want to add the movie to your experience.

Terriers:

A short-lived but much-missed buddy-cop series that sadly managed to squeak out but one season before collapsing under the weight of dismal ratings. Whether poor marketing or a too-crowded market is to blame for its premature demise, Terriers deserved better. Thankfully, the single-season arc ends about as perfectly as one could hope.

Justified:

Since Deadwood, Timothy Olyphant has nailed the swaggering, handsome lawman shtick. That shtick is honed to a knife's edge as he plays Raylan Givens, a U.S. marshal rustling up ne'er-do-wells in his childhood stomping grounds of rural Kentucky. Justified tends to be overshadowed by prestige "Golden Age" shows, but reliably clever writing usually makes it far more entertaining than most hours of Mad Men.

Twitter

@metropicks asked: Finance Minister Jim Flaherty says there's no plan to enrich CPP. Do you have a retirement plan?

@MiztressTia: Retirement plan? Of course, to die in the hardware aisle while working at Walmart at the age 98!!

@Gmc_gord: 15% buy gold, 10% lotto max, 5% my kids become wealthy, 70% work damn hard and live within my means (tho I can't resist #Amazon)

@ShonaLiz: Death.

@dan_giannini: Yah save more than you spend. Put it in something that will grow over time. Keep doing it believe me it works!

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Hating on bad history? Reign stars don't mind

McQueen for a queen. Cast of much-critiqued show argue they're just making a teenage drama — plus they get to wear haute couture, so there

MICHELLE CASTILLO
Metro World News

Adelaide Kane plays Mary, Queen of Scots, on Reign. CONTRIBUTED

The stars of Reign have heard all the criticisms about the historical inaccuracies the show — and that is completely fine with them.

"Anybody's certainly welcome to do the historically accurate take on it, but that quite frankly isn't our show.... There's been a lot of criticism about that, but at the end of the day we're making a bit of a fantasy," Torrance Coombs, who plays the role of Sebastian, explained.

"We're making a teenage drama," Adelaide Kane, who plays Mary, Queen of Scots, added. Kane admitted that she used to get defensive when people spoke out against the show, but decided to stop reading all the hate. She's having more fun working with the cast and crew, wearing extravagant clothing and portraying one of the most notorious nobles that has ever existed.

Kane only knew the basics about Mary, Queen of Scots, before signing on to Reign. She had been auditioning for different shows for the CW network when she heard about the show. After submitting a video diary explaining who she was and channelling her father's Glaswegian accent, the producers selected her to play the main role before the audition process even started.

Her co-star Coombs knew very little about the legend as well, but he had some experience playing nobility from his role of Thomas Culpepper on The Tudors. He admitted that arriving on set felt like a "homecoming" of sorts, until he noticed the differences in characters and mood of the show — and a notable lack of nudity.

He said Reign's elaborate costumes helped transform the 21st century actors into 16th century royalty. Costume designer Meredith Markworth-Pollack, whose past credits include Gossip Girl and Hart of Dixie, garbs the actors and actresses in designers like Alexander McQueen and Saint Laurent Paris.

Kane says the corsets can get annoying and needing help to get into her outfits can be a pain. Still, she's enjoying every minute of it.

"I get to wear haute couture that I would never normally wear," Kane said. "Like I'm not going to the Emmys, not a debutante, you know. I don't get to wear casual Alexander McQueen haute couture every day, so that's been amazing. And, you just get to wear leather a lot. Lots of leather."

Quoted

"(At) the end of the day we're making a bit of a fantasy." Torrance Coombs, who plays Sebastian on Reign

But, when the cameras stop rolling, Kane slips into her jeans and flats. The actors admit no one has any problems returning to the modern era. Cellphones and coffee cups are hidden just out of view.

"It's pretty hilarious," Kane added. "Yeah, everybody pulls their phones out of their boots or out of their corsets or whatever."

DVD review

Prisoners

Director. Denis Villeneuve

Stars. Jake Gyllenhaal, Hugh Jackman, Terrence Howard, Viola Davis, Paul Dano

The first U.S. feature by Quebec's Denis Villeneuve (Incendies) is a superb child kidnap thriller set in suburban Pennsylvania that uncoils with a serpent's stealth — and strikes just as suddenly. There's no way to prepare for what's about to happen to this comfortable neighbourhood, and also to everybody's notion of what's right and what's wrong in desperate circumstances. Hugh Jackman is a frantic dad, prepared to resort to vigilante justice to find his missing six-year-old daughter. Jake Gyllenhaal is a square-jawed cop fighting the clock, legal bureaucracy and rising anger. The two lead a strong cast that also includes Terrence Howard, Viola Davis, Paul Dano and Melissa Leo. A runner-up audience award winner at TIFF 2013, Prisoners is a potent commentary on modern life and fears and a triumph for Villeneuve. Extras include cast interviews and making-of featurettes.

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No Stanger to the world of matchmaking

Millionaire Matchmaker. Hostess Patti highlights common dating mistakes and why using the Internet is a must for anyone looking for love

ALEXANDRA CAVALLO
Metro World News in NYC

Say what you want about Patti Stanger, a.k.a. Bravo's Millionaire Matchmaker (and you could say a lot — the woman isn't exactly known for being reserved, to put it mildly), but the career matchmaker and dating expert knows a thing or two about the language of love. Or, at least, the language of prepping two strangers for an awkward date and hoping they've followed her advice. (And heaven help the poor dater who neglects to follow Stanger's advice.)

Now in its seventh season, The Millionaire Matchmaker features wealthy but hapless men (and sometimes ladies, too) who turn to Stanger's dating club in an effort to find that elusive person — The One.

And, if that unicorn isn't out there, they at least hope to find someone who can stand their company (and stand to spend their money) long enough to let them into their pants. It's a tough world out there for the single and romantically-challenged, and Stanger wields tough-love dating advice with an iron fist. We checked in with the matchmaker in preview of the show's new season to get some dating advice for the perennially single among us, out here in the real world.

What's the most common mistake you see guys making, in the early stages of dating?
Not making the plans for the date. Just winging it, thinking, 'where can we go?' And in a big city, especially around Christmas time, you need a reservation.

What about women?
Women talk about the ex too much. They complain about dating, which neutralizes the date and conversation — and isn't sexy. They over-talk things.

In that case, what are some of your main pieces of advice for guys and girls, when setting out on a first date?
I think the first thing is making it fun and flirty. Even if you don't end up with that person, you definitely plan a great date, and woman should definitely be appreciative of it. And if a date isn't good, then think about fixing that person up with someone you know. If you do that, they'll owe you, and will usually set you up with someone they know. It's all part of keeping the train moving out of the station. Six degrees of separation is almost 90 per cent of how people meet. And the other thing is getting proactive. Getting online — it's not for the dateless and the desperate! Facebook, LinkedIn, people are now using that for dating. Find your niche. If your niche is business, then do it on LinkedIn.

Speaking to that, how do you think the dating landscape has changed with online dating?
We have more opportunity to meet people we've never met before, internationally, not just in the United States. And it's big. But we're disposable at the same time. So, even though we're getting more avenues and more people, we're discarding quicker and we're not giving people a chance, because maybe their shoes are wrong or maybe they don't have enough hair on their head. Then the other thing is that we know too much about our lives. Let's say, for instance, that you're tweeting about the place you went last night, and you got drunk with your girlfriends. You had a really great time, and you came home at 2 a.m., and maybe you cursed a little on Twitter. A guy sees that and he's like, 'OK, I liked her up until that point' and he judges her. So we are judging everyone now.

So, you wouldn't suggest Googling or stalking a potential date through social media?
For a woman, it's proactive to Google a man. Like, to see that there aren't 20 girls on the Internet saying that he stuck them with the bill or that he stranded them in a restaurant. But if you're doing it a) to find out their net worth or b) to see what their story is, then you're going to snooze, you lose. Most men have the worst pictures they ever dreamed of themselves on their Facebook pages. And they don't think about that stuff, it's not important to them. The image of the girl is, but not themselves. So you're going to discard a guy — because women are much more critical when it comes to looks — because he wore the wrong pair of pants and is still wearing his members only jacket.

Wait, do you really think that women are more critical of looks than men?
Yeah, way more. That's why I never show the men's pictures to them. I always show women's pictures to men, but not the other way around. I think they are critical of themselves, and they magnify it on the men. Because a woman is overweight, or she's not pretty enough or her boobs are flat — then she reflect it on the man. It's projection.

Patti Stanger hosts Bravo's Millionaire Matchmaker. GETTY IMAGE

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Prince Harry. ALL PHOTOS GETTY IMAGES

So a smelly prince walks into a bar in Antarctica...

As Prince Harry continues his epic trek in Antarctica, he could really use a drink. But life, he's learning, is full of disappointments. Harry and his hiking buddies — including Dominic West and Alexander Skarsgard — arrived at a bar at McMurdo Station only to be denied service, according to Radar Online. "They were denied (drinks)," a source says. "Only staff and employees are allowed alcohol and tobacco." It probably didn't help matters that Harry and company weren't at their most presentable. "All three were very smelly and scruffy," the source adds. "They are only allowed two two-minute showers per week."

Dylan Sprouse

Another star we don't want to see naked

Former Suite Life of Zack & Cody star Dylan Sprouse is the latest young Disney star caught up in a nude photo scandal, thanks to a pair of revealing selfies that hit the Internet over the weekend. The 21-year-old Sprouse, currently attending NYU, is owning up to it, at least. "Whoops, guess I'm not 14 and fat anymore," he tweeted. "I messed up, but I'd be a fool not to own up to it. Got to move past it, I suppose." He didn't make it through without enduring some gentle ribbing from his twin brother and former co-star, Cole Sprouse, who tweeted, "Cold in that bathroom, huh?"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

What funny rumours have the stars heard about themselves?

MEREDITH ENGEL
Metro World News in New York City

We were on the red carpet at this year's Jingle Ball concert at Madison Square Garden, where Miley Cyrus, Robin Thicke, Macklemore, Enrique Iglesias and many other stars took the stage. So many big stars in one room means many opportunities for misinformation, so we decided to help the stars out — we had them clear up the silliest rumour they've heard about themselves. Here's what they had to say:

Ryan Seacrest
What is the funniest story you have ever read about yourself?
That I can sing!
You can't sing?
I cannot sing. Just rap.

Snooki
What is the funniest story you have ever read about yourself?
That I dated Drake.
JWoww: How was it?
Snooki: It was great!

Kellan Lutz
What is the funniest story you have ever read about yourself?
I don't know how to read, so I don't know how to answer that question. No, I'm joking.

Dr. Oz
What is the funniest story you have ever read about yourself?
There was an article that I was having an affair with Oprah.
Of all people! What did you think?
It was a crazy idea.

Austin Mahone
What is the funniest story you have ever read about yourself?
Some person wrote about me saying that my favourite sport is surfing but I've never surfed in my life, so I don't know where they got that.

WITH FILES FROM MAJA LUNDAGER

Rebel Wilson

Rebel and Melissa don't plan to size down

Rebel Wilson and pal Melissa McCarthy are leaning on each other to resist pressures from Hollywood about their weight, according to Star magazine. "Neither one of them is trying to lose weight, and they've formed this little support group to keep each other from falling into the skinny Hollywood trap," a source says of the Bridesmaids co-stars. "Obviously, they could both snap their fingers and lose the weight because of the resources they have available to them — which could include everything from personal trainers to lap band surgery — but right now they're agreeing with each other that they have to hold the line and provide a positive image for overweight girls everywhere. There will be plenty of time for dieting years from now, but Rebel and Melissa are determined to stay at their current sizes for now."

Susan's award-show highlights

Susan Sarandon has found a way to make boring awards shows more fun: going to them stoned. During a chat on Bravo's Watch What Happens Live, Sarandon was asked by Andy Cohen to name one event she'd shown up to stoned, to which she replied, "Only one?" After a laugh, the eight-time Golden Globe nominee, five-time Oscar nominee and four-time Emmy nominee candidly offered, "I would say almost all except the Oscars."

Susan Sarandon

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Hungover, but healthy

ROMINA McGUINNESS
Metro World News

1. Replenish lost fluids

Alcohol functions as a diuretic, pulling the water out of your body.

"When this happens, you lose a lot of electrolytes (calcium, potassium and magnesium), and that's one of the reasons we feel terrible," says London-based nutritional therapist Gabriela Peacock. "Water gets transported back into your bloodstream much more quickly if the electrolytes are present. So the best way to rehydrate is to get these back in your system by drinking something containing these, such as coconut water."

2. Eat eggs and avoid a comedown

"Eggs contain high levels of protein and sulphur, two things that help get the toxins out of the liver," says Peacock. "The high protein content also increases the production of serotonin, a neurotransmitter in the brain that helps elevate our moods. So if you're feeling cranky after a night out, eating an egg helps. They're also a great source of B vitamins (depleted when we drink) that the liver needs in order to break down the ethanol."

3. Purify your insides

"Kale, broccoli, artichoke… these are all fantastic for liver regeneration," Peacock tells us.

Try steaming them and sprinkle with some spices.

"Turmeric and cinnamon stimulate the liver and ginger helps beat nausea."

4. Drink to de-puff

"Alcohol causes bloating, so drink some lemon-and-parsley (an anti-inflammatory) infused water to de-swell. Fill up two bottles of the pre-prepared brew, and keep one by your bed (for when you get home) and one in the fridge (for when you wake up)," Ary Nunez, Rihanna's personal trainer, said.

5. Go for a spin (if you can stand up straight)

If you're feeling queasy, you need to evaluate if you can actually move.

"Sit up straight (in your bed) and cross your legs. Now close your eyes and spend about 10 minutes breathing through your nose (the most efficient way of circulating oxygen) to figure out how you're feeling," says Nunez. "If you can make it to the gym, go to a one-hour spinning class."

6. Freeze your face

"Always keep gel ice packs in the freezer as this helps take out puffiness from under the eyes after a hard night out," says LA-based dermatologist Dr. Debra Jaliman, author of Skin Rules. "You can also take an over-the-counter antihistamine like Benadryl or apply an eye cream that contains caffeine (it constricts the blood vessels and decreases the blood flow under the eye) to improve the appearance of dark circles."

7. Scrub away the dirt

"I love sonic cleansing systems, such as the Clarisonic brush, because I really feel they help exfoliate and give the skin great glow," says Jaliman.

"If you don't have a brush, pick a gentle exfoliator, making sure it contains glycerin or ceramides, and spend about two minutes washing your face to get rid of all the grime."

Best Health

Stay healthy on vacation

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health magazine, freelance writer Lisa Evans looked at ways to ensure a happy and illness-free holiday. Here are just a few of her tips:

En route
Avoid germs, stay hydrated and step lively. Pack a small bottle of hand sanitizer in your carry-on if you're flying, and antiseptic wipes if you want to clean the arms of your seat, your seat-back tray or the handle of the bathroom door. Also, since cabin air is dry, avoid dehydration by drinking plenty of water. To keep your blood circulating, get up and walk around periodically.

At your destination
Eat and drink wisely. Consider packing a multivitamin if your destination has limited supplies of fresh fruits and vegetables. Depending on where you go, eat fruit only if you can peel it. All-you-can-eat buffet? Make sure you eat a protein-packed breakfast, which will help you avoid needing to snack later on. If you overindulged the night before, fuel up on foods that promote liver detoxification such as cruciferous vegetables, and water with lemon juice.

Getting sick over the holidays is one stress you don't need. ISTOCK PHOTOS

Don't take a break on exercise
Have an active vacation by taking advantage of fitness activities at your destination, and even just long walks on the beach. It'll help you stave off those extra pounds that are easy to put on during holidays. You'll also sleep better — and vacations are for relaxing, after all.

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Funny moms take aim the festive 'break'

EMILY LAURENCE
Metro World News

If you find the term "winter break" ironic because your kids are driving you nuts and you still have a ton to do before the end of the year, laughter can only help. Metro rounded up some of social media's most popular moms and asked for their advice on how to survive the holiday season. Here's what they had to say:

"Holiday fashion tip for moms: If wearing a red velvet jacket, keep your white chin hairs plucked. Otherwise a kid might sit on your lap. #metromoms" **@WendiAarons**

"It's usually best if you wrap the gifts before unwrapping the bottle. #metromoms" **@FunnyIsFamily**

"Holiday tip #305: If you have toddlers, save time by breaking all your ornaments with a hammer before putting them on the tree." **@paigekellerman**

"Forget the 'Elf on the Shelf:' I'm going full 'Blair Witch' on my kids and leaving them creepy little bundles of twigs in new spots every night." **@shriekhouse**

"Pick a fight with some friends before the holidays. Fewer gifts to buy!" **@marinkanyc**

It's probably time to get out in the sun more, boys. HANDOUT

Lack of Vitamin D is a villain's kryptonite

Movie magic. Could a shortage be the cause of movie villain failure? Maybe monsters should leave their darkened caves

How is it that movie heroes so often defeat stronger foes? Scientists at Imperial College London believe a poor lifestyle and lack of Vitamin D is hurting villain performance, citing a "lack of sunlight experienced by the evil characters" in films such as The Hobbit.

Dr. Nicholas Hopkinson, whose theory is in the Christmas edition of the Medical Journal of Australia, explains more.

How would this problem affect villains?
According to our research, evildoers who dwell in the darkness and eat a poor diet are severely lacking in vitamin D, leading to muscle weakness and critically undermining their performance in battle. It is striking how often villains are defeated despite having superior numbers and weaponry, so we think anything to improve performance should be considered.

What advice would you give them?
Exposure to sunlight is one thing, and more healthy food and less relying on meat and the bodies of their enemies.

But the bigger picture is they must change their ways and behavioral intervention could support that.

What other medical problems are associated with a villain lifestyle?
There are health and safety issues with spending a lot of time in darkness — injuries are often caused by inadequate lighting. But as I said, the only real solution is to become less villainous.

What further studies would build on your findings?
We have only scratched the surface with this investigation. One area for further research is to explore the link between evil and living in the dark.

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This recipe serves six. ROSE REISMAN

Ingredients

8 oz small-shell pasta
Meat Sauce
- 1 tsp vegetable oil
- 2/3 cup finely chopped onion
- 1 1/2 tsp finely chopped garlic
- 8 oz lean ground beef
- 1 cup tomato sauce

Cheese sauce
- 1 1/4 cups canned evaporated 2% milk
- 3/4 cup low-sodium beef stock
- 1/2 tsp Dijon mustard
- 2 tbsp all-purpose flour
- 1/2 cup shredded aged cheddar cheese
- 1/4 cup grated Parmesan cheese (1 oz/30 g)
- 2 tbsp chopped parsley

1. Preheat oven to 425 F. Lightly coat a 9- × 13-inch casserole dish with cooking spray.

2. Bring pot of water to boil. Add pasta and cook 10 minutes or until tender but still firm. Drain; place in casserole dish.

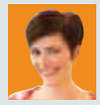
3. Meat sauce: Heat vegetable oil in skillet over medium heat. Add onion and garlic and sauté 4 minutes or until softened. Add ground beef and cook, stirring to break up meat, 4 minutes or until no longer pink. Stir in tomato sauce, cover and cook 5 minutes. Set aside.

4. Cheese sauce: Combine milk, stock and mustard in saucepan. Slowly whisk in flour. Place over medium heat and stir until mix begins to boil. Reduce heat to low and simmer, stirring occasionally, 5 minutes or until sauce is slightly thickened. Stir in cheddar cheese and half the Parmesan cheese and stir until melted. Remove from the heat and add to the meat sauce.

5. Pour sauce over the cooked pasta and stir to combine. Sprinkle with remaining Parmesan and bake in the preheated oven for 10 to 15 minutes or until completely heated through. Garnish with parsley.

Health Solutions

Everybody say, 'goat cheeese'



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Every party needs a cheese platter but it doesn't have to be boring or unhealthy.

Think about a theme that goes for the goat.

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Some fun ways to bump up your platter are:

- Soak a log of chevre in extra virgin olive oil, minced garlic and chopped olives. Warm for 10 minutes and serve as spread.
- Place a chunk of feta on a platter, surround with walnuts, sprinkle with cinnamon and drizzle with honey.
- Goat's Brie goes remarkably well with pears and stout beer.
- Aged goat's cheddar is just as yummy as cow's. Think about serving it alongside apple pie.

Goat's cheese provides all of the calcium, phosphorus, riboflavin and vitamin A you want from your cheese but with that little extra zip.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Vegetarian with a kick: Baked Tomato and Cheese Penne

Ingredients

- 1 pkg (454 g) PC Splendido Penne Rigate
- 2 tbsp (25 ml) olive oil
- 2 cups (500 ml) chopped white onion
- 4 cloves garlic, chopped
- 2 cans (each 796 ml) San Marzano tomatoes
- 1 jar (270 ml) PC Splendido Tomato Pesto
- 1 ball (340 g) mozzarella cheese, shredded

1. Preheat oven to 400 F (200 C). Grease 13 X 9-inch (3 L) glass baking dish.

2. In large pot of boiling salted water, cook pasta for 5 minutes; drain. Pasta will not be tender.

3. In saucepan, heat oil over medium-low heat; cook onion 10 minutes or until softened. Stir in garlic; cook 30 seconds or until fragrant. Add tomatoes and their juices. Using potato masher, crush them in the saucepan. Stir in pesto. Increase heat to medium; cook for 8 to 10 minutes or until flavours have melded and sauce is hot.

4. In bowl, toss pasta in hot sauce. Scrape into prepared baking dish. Top with cheese. Bake uncovered 20 minutes or until cheese is melted and browned. **PRESIDENT'S CHOICE**

Dinner. Caesar Squash Pappardelle

1. Bring a large saucepan of salted water to a boil. Add the pasta and cook according to package directions.

2. About 4 minutes before the pasta is done cooking, add the butternut squash. Then 2 minutes later, add the zucchini. Cook everything for another 2 minutes. Reserve 1/3 cup of the cooking water, then drain.

3. Transfer the pasta, squash and zucchini to a large bowl. Add the garlic, fish sauce, black pepper, olive oil and reserved cooking liquid. Add the Parmesan cheese and parsley, tossing the pasta to thoroughly coat everything and melt the cheese. Serve.

THE ASSOCIATED PRESS

Ingredients

- 1 lb pappardelle pasta
- 1 small butternut squash, peeled, seeded and thinly sliced
- 1 medium zucchini, thinly sliced lengthwise
- 3 cloves garlic, minced
- 2 tbsp fish sauce
- 1 tsp ground black pepper
- 2 tbsp extra-virgin olive oil
- 1 cup shredded Parmesan cheese
- 1/4 cup chopped parsley

Notice of Hearing for Permanent Guardianship Order To

Erick Vailee

Take notice that on the **30th day of December, 2013 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order** of your child born on **July 16, 2013**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer and we suggest that you do seek advice from a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Diane Charlebois; Jackie Ellice; Daniella Eggink
Calgary and Area Child and Family Services Authority
Phone: (403) 297-2978

Notice of Hearing for Permanent Guardianship Order To

Ardale Greene

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You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Diane Charlebois; Jackie Ellice; Daniella Eggink
Calgary and Area Child and Family Services Authority
Phone: (403) 297-2978

Prepare for the pitfalls before spreading your snowbird wings

JOLT act. If it passes in Congress, more Canucks swapping snow for sun will face income and real estate tax bills, and more

YOUR MONEY
Alison Griffiths
money@metronews.ca

I've been a (working) snowbird in Florida for five years and love it. My husband and I feel very fortunate. But, like everything else, there's a learning curve.

Aside from learning how to live in two countries, there are tax and real estate considerations. This is especially true since the Jobs Originated through Launching Travel (JOLT) Act was proposed in the spring. Among other things, the act would extend the time Canadians buying homes for $500,000 or more can be in the U.S. without a visa from the current 182 days to 240.

The JOLT Act didn't make it through Congress this fall, but it's likely to pass on reintroduction if pressure to reduce the real estate benchmark and make tax changes is successful.

It will be great to have the flexibility. However, it could mean that more snowbirds are subject to U.S. income and estate tax because they will be deemed U.S. residents.

The formula for determining U.S. residency is a bit complex but essentially amounts to an average of 120 days annually over three years. That means some snowbirds are already considered U.S. residents but don't know it. The whole point of JOLT is to benefit the $130-billion US travel industry. So I suspect that tax changes will be included when the act is eventually passed, otherwise Canadian snowbirds will steer clear of Uncle Sam by keeping their winter sojourns shorter.

And one more thing...

• **Health care.** Another important issue for snowbirds is health care. Provincial health plans don't cover you if you're out of the country more than six months and you may have to re-establish residency in order to qualify again.

In the meantime, anyone who spends an extended period of time in the U.S. and is not working or studying should file Form 8840, Closer Connection Exemption Statement for Aliens. Essentially, it's a declaration of Canadian residency.

Snowbirds should also maintain a log of when they cross the border and keep on hand copies of credit card statements, income tax assessments and property taxes, just in case there is a question about where you are a permanent resident.

Don't try to cheat! Next summer a new system will track not only when you enter the U.S., but also your departure. The other issue for snowbirds owning a U.S. home is that if the Canadian owner or a joint owner dies, the U.S. property may be subject to estate tax, but only if you're wealthy.

Also, there may be Canadian tax on capital gains to be paid for a second home in the U.S. or tax on rental income. Canadians who bought property at bargain prices between 2008 and 2012 could make substantial gains if the market eventually moves back to more normal levels and if the loonie continues to slide.

Enjoying the snowbird life isn't as simple as it was years ago. But if you take your time, follow all regulations to the letter, use a U.S.-based lawyer for real estate transactions and keep on top of developments through organizations such as the Canadian Snowbird Association you'll find, as I do, that the winter-less life is really quite fine.

The sun and sea of Florida comes at a price. ISTOCK

Only fools rush in ... to an overindulgent Xmas

Sweeney reminds us that exercise doesn't have to be all or nothing. Do 10 minutes if you can't do an hour. GETTY IMAGE

Alison Sweeney. Host of The Biggest Loser is keen to set a good example for her kids by having a healthy, disciplined holiday

MAJA LUNDAGER PEDERSEN
Metro World News in NYC

We recently sat down with Alison Sweeney, host of The Biggest Loser and the new leader of California Almonds' team of lifestyle experts, for a talk about health and holidays.

During our chat, one thing became clear: No Christmas miracle will save your weight. Whereas many resort to telling themselves that during the holidays calories don't count, Sweeney doesn't buy into that theory — and it shows in her food choices and the way she raises her children.

"Getting carried away and looking at it like 'Oh, I'll figure it out later,' is not a good idea," she tells us. Her go-to snack at holiday parties is vegetables — just that. She wants to set a good example for her kids, she says.

"I have an 8-year-old and a 4-year-old and I want to instill in them healthy nutritional values. I want them to be used to making healthy choices themselves," Sweeney, who is also author of The Star Attraction and The Mommy Diet, says.

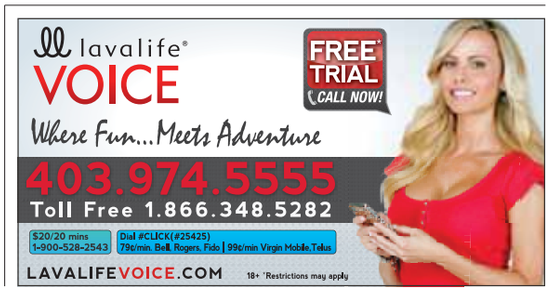
But that doesn't mean cutting out fun, period. "I don't want them to feel like they can never have something indulgent, but (I want them to) also know how to control their portions." She doesn't understand why people would ever lie to themselves about what is healthy and what is not.

"You need to arm yourself with the information. If you want to eat (whatever you feel like eating), go for it, but go in knowing what you are really eating and how many calories are really in it. Don't let them fool you, don't fool yourself. Be honest with yourself about what you put in your body and maybe you will make better choices. At least you will make educated ones."

Goals for 2014

• **Question.** On Twitter Sweeney asked people what their 2014 healthy goals are. She shared her favorite answer with us:

"Some of the ones that I loved hearing people talk about were wanting to make healthier choices with their children. What can we do together as a family to work out?



Happy trails through the snow

Freedom. There is nothing quite like the feeling of riding on fresh powder

SHELDON BIRNIE
For Metro

Whether grooming trails for other riders, or purely for the thrill of it, snowmobilers are making tracks as soon as conditions permit. BIKERIDERLONDON/SHUTTERSTOCK

With winter setting in for the long haul, many find themselves cursing the daily weather reports. But for some hardy people, the prospect of cold temperatures and a nice dump of fresh powder just gets the blood racing.

These resilient people are snowmobilers and they are a diehard breed of outdoor enthusiasts whose numbers are legion, and growing with every winter that passes. Whether grooming the trails for other riders, accessing hidden hunting or ice fishing spots, or purely for the thrill of it, snowmobilers are making tracks as soon as conditions permit.

"Everybody has their own reasons, but the trails are nice to ride," said Jay Ruchotzky, vice-president of the Ashern Snowmobile Club north of Winnipeg, who has been snowmobiling since he was a child. "My dad took me out when I was little. I had my own sled by the time I was 14 or 16."

As an active member, Ruchotzky maintains trails for the members of his club, as well as those who use the trails on a drop-in basis. His love of snowmobiling is readily apparent when asked about what keeps him coming back, year after year.

"It's a feeling of freedom," he said. "You can't really beat riding a smooth trail through the bush, with the snow coming down."

"I've always loved winter," said Chris Brewer, president of the Saskatchewan Snowmobile Association, who maintain more than 10,000 kilometres of trail throughout the province. Brewer and his wife make active use of the trail system and the backcountry as soon as there is enough snow.

Josh Kovnats is another self-described "diehard sledneck" from a family of dedicated snowmobilers whose passion for sledding can't be contained.

"I go every opportunity I can," said Kovnats, whose family has a longtime membership with the Interlake Snow Trackers. "It's a different experience every time. I like to play in large amounts of fresh powder and go fast, and I love the ability to explore this land fully."

Brock Gibson is another lifelong snowmobiler, who grew up snowmobiling in western Manitoba.

"It's a good excuse to get bundled up, go outside and get some fresh air," said Gibson, who still enjoys a recreational ride every now and again, though he mostly uses snowmobiles for ice fishing or hunting. "They're great for getting out to hard to reach places once the ice freezes."

While many snowmobilers have been at it for years, having grown up around sleds, the sledding community is a welcoming one. Local clubs hold events throughout the year, from races to fundraisers and other get-togethers. With 55 active clubs in Manitoba, and 65 in Saskatchewan, no matter where you are, you aren't far from other snowmobilers.

"It's a great way to meet people who are in the area doing the same thing," Ruchotzky said.

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Facts and figures

Here are some snowmobile facts courtesy of the International Snowmobile Manufacturers Association:

- In 2012, there were 129,087 snowmobiles sold worldwide, including 40,165 in Canada.
- There are 593,248 registered snowmobiles in Canada.
- More than 100,000 full-time jobs are generated by the snowmobile industry in North America. Those jobs are involved in manufacturing, dealerships and tourism related businesses.
- The economic impact of snowmobiling in Canada is $7 billion annually, $23 billion annually in the U.S., and $4 billion annually in Europe and Russia.
- The average snowmobiler rides their snowmobile 1,481 kilometres per year in North America.
- Approximately 75 per cent of all active snowmobilers are male; 25 per cent are female. METRO NEWS SERVICES

Sledders enjoying enhanced options

The snowmobile has come a long way since it first revolutionized the way people move around in the depths of winter almost 100 years ago. Far from being simply a utilitarian tool, the snowmobile today is a recreational all-terrain vehicle that can be enjoyed by riders of all levels.

From afternoon trail riding to backcountry touring, from flat-out high-speed racing to hairpin carving through trees or deep powder, manufacturers have developed factory models for just about any type of riding you can encounter in the winter months. With thousands of customization options available, which allow the rider to get exactly what they are looking for out of their machine, the sky is really the limit on what you can do — and spend — on a snowmobile.

"The way snowmobiles have changed lately is crazy," said Derek Little of Yorkton, Sask.

Little said that where once flat-out speed — lake racing, for example, which still remains a sledding staple — was often a primary concern for manufacturers, today as much attention is being paid to other aspects to provide more options for the high-octane thrill-seeker.

"Old sleds were speed driven," he said. "And new sleds are really technical. They're great for riding in and out of trees."

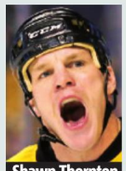
With steady advances in technical performance, one major change in snowmobile technology in recent years is the availability of four-stroke engines as a more common option, as well as dramatically increased fuel efficiency.

"It's incredible," said Chris Brewer, president of the Saskatchewan Snowmobile Association, who enjoys trail riding and weeklong snowmobile tours with his wife throughout the winter. "One thing we're really seeing come forward is fuel economy. Now you can go for a ride all day — you're not looking for gas." SHELDON BIRNIE

NHL

Thornton will appeal 15-game suspension

Bruins tough guy Shawn Thornton has decided to appeal his 15-game suspension for punching and injuring unsuspecting Penguins defenceman Brooks Orpik.



Shawn Thornton
THE ASSOCIATED PRESS

As laid out in the collective bargaining agreement, the appeal first goes to commissioner Gary Bettman. If Bettman upholds the suspension, Thornton and the NHLPA can then elect to appeal to a neutral arbitrator. **THE CANADIAN PRESS**

NHL

Lucic attacked in his hometown

Boston Bruins forward Milan Lucic says he's "done trying to defend" his hometown of Vancouver after he claims he was punched twice at a nightclub.

"Other than being at Rogers Arena, no one will ever see me in downtown Vancouver ever again," Lucic told reporters in Boston on Monday.

A video released on the Internet that has since gone viral shows Lucic in an altercation with an unknown person in front of Vancouver police. No punches are thrown in the video.

Lucic and the Bruins were in Vancouver for a game on Saturday. The Canucks won the game 6-2. **THE CANADIAN PRESS**

Kevin Glenn is leaving the Calgary Stampeders and heading to Ottawa. CANDICE WARD/FOR METRO

Stamps lose Glenn in expansion draft

CFL. Redblacks also pry Deane and Fraser away from Calgary

John Hufnagel knew he was going to lose a few good men on Monday.

That's exactly what happened as the Ottawa Redblacks selected quarterback Kevin Glenn in the first round of the Canadian Football League expansion draft and then followed up by taking offensive lineman J'Micheal Deane and safety Eric Fraser in the second and third rounds, respectively.

"I'm not real pleased about the day," said Hufnagel, who guided the Calgary Stampeders to a CFL-best record of 14-4 as coach and general manager this past season. "I'm also proud that these players did a great job being a Calgary Stampeder. They're good people, good players and I wish them all the best going out to the nation's capital. They'll still be wearing red."

Glenn, 34, spent the last two seasons with Calgary but was left unprotected for the draft by the Stampeders. After appearing in 15 games last year with the Stamps, the 12-year CFL veteran will be reunited with Redblacks head coach Rick Campbell, who served as Calgary's defensive co-ordinator last season.

QB battle

With Kevin Glenn out of the picture, Drew Tate and Bo Levi Mitchell will now battle for the role of starting quarterback with the Stamps in 2014.

Glenn, a Detroit native, completed 223 of 335 passes (66.6 per cent) for 2,710 yards and 18 touchdowns with seven interceptions this past season. He led the Stamps to the West final in each of his two seasons, including an appearance in the 2012 Grey Cup. He was also the starter in 20 regular-season victories, tops among all CFL quarterbacks over the past two seasons.

"He's a quarterback that showed up every game," Hufnagel said. "He took his lumps and just got back up and kept playing." **THE CANADIAN PRESS**

4 SPORTS

Full speed a-sled to Winter Games

Bobsled. It's all downhill — on the track — to Sochi

From left, Jesse Lumsden, Chris Spring, Chelsea Valois and Jenny Ciochetti pose during the unveiling of the 2014 Canadian Olympic bobsled team on Monday in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Carrying the label Olympic champions hasn't been too heavy a burden for Kaillie Humphries and Heather Moyse.

The women's two-man bobsled champions from the 2010 Winter Games in Vancouver were on hand Monday as 16 athletes were named to Canada's team for the 2014 Games in Sochi, Russia.

"I've had an amazing time as the champion and I hope to hold the title for another four years," said Calgary's Humphries. "Being in a leadership role is something I had to accept.

"I had to adapt to all the philosophies that come along with it. I've had to learn. I really have no idea what I'm doing, but I've had great mentors not only within the sport but from the Canadian Olympic team. It's been a great four years and I hope to make it another great four years."

After Vancouver, Moyse took a break from bobsled to try other sports, but the two were reunited this season and look to be gold-medal contenders again. They are coming off a first-place finish last week at Lake Placid, N.Y.

The week before, with Moyse nursing a back problem, Humphries had seen her run of 15 straight podium finishes end in Utah.

Humphries and Moyse, from Summerside, P.E.I., as well as Jenny Ciochetti of Edmonton and Chelsea Valois of Zenon Park, Sask., were officially named to the women's team.

Olympic bronze medallist Lyndon Rush of Humboldt, Sask., will lead a men's squad that also has David Bissett, Neville Wright and Bryan Barnett of Edmonton, Lascelles Brown and Chris Spring of Calgary, Jesse Lumsden of Burlington, Ont., Cody Sorenson of Ottawa, Ben Coakwell of Saskatoon, Justin Kripps of Summerland, B.C., James McNaughton of Newmarket, Ont., Tim Randall of Toronto and Graeme Rinholm of Medicine Hat, Alta.

Four athletes — Luke Demetre of Halifax, Sam Giguere of Sherbrooke, Que., Emily Baadsvik of St. Stephen, N.B., and Kate O'Brien of Calgary — are in contention for the final two spots on the team that will be decided in January.

Humphries and Moyse were not the favourites going into the Vancouver Games, but pulled out a rousing win on home soil.

They will go into Sochi among the favourites, but Moyse said that won't change their mindset.

"It's important to focus," she said. "We still have four World Cups before the Olympics.

"If we start looking too far ahead to the Olympics and taking things for granted, it'll slip out of our fingers. If we focus on each race as it comes and then treat Sochi like it's just the last race of our season and not making it any bigger than just another race, then I think we'll be able to accomplish great things and maybe win another Olympic gold medal."

THE CANADIAN PRESS

New terrain

"It's completely different from Vancouver or a lot of tracks we've been on."

Kaillie Humphries on the bobsled track in Sochi. The Calgary native said the Sochi track's uphill sections are reminiscent of those at the 1998 Nagano Games.

NBA

Korver keys Hawks' win over Lakers

Kyle Korver sank three 3-pointers in Atlanta's dominant third quarter, Al Horford scored 19 points and the Hawks beat cold-shooting Kobe Bryant and the Los Angeles Lakers 114-100 Monday night. Bryant made 4 of 14 shots for eight points. THE ASSOCIATED PRESS

NHL

Crosby proves short-staffed Pens still mighty

Sidney Crosby's 19th goal of the season broke a tie with just over six minutes remaining and the Pittsburgh Penguins edged the Toronto Maple Leafs 3-1 on Monday night.
THE ASSOCIATED PRESS

NFL

Ravens kick their way to victory in the Motor City

Justin Tucker's career-long 61-yard field goal with 38 seconds left lifted the Baltimore Ravens to an 18-16 win over the Detroit Lions in a Monday night matchup with major playoff implications. THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	33	22	9	2	92	70	46
Montreal	35	20	12	3	88	75	43
Tampa Bay	33	19	11	3	90	80	41
Detroit	35	15	11	9	89	94	39
Toronto	35	17	15	3	98	102	37
Ottawa	35	14	15	6	99	113	34
Florida	34	12	17	5	78	109	29
Buffalo	33	7	23	3	55	96	17

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	35	24	10	1	108	75	49
Washington	33	18	12	3	105	97	39
Carolina	34	14	13	7	79	94	35
NY Rangers	34	16	17	1	76	91	33
Philadelphia	33	14	15	4	76	91	32
New Jersey	34	13	15	6	78	85	32
Columbus	34	14	16	4	87	95	32
NY Islanders	34	9	19	6	83	118	24

Monday's results
Winnipeg 3 Columbus 2
Pittsburgh 3 Toronto 1
Ottawa 3 St. Louis 2 (OT)
Colorado 6 Dallas 2
Sunday's results
Washington 5 Philadelphia 4 (SO)
Tampa Bay 3 Detroit 0
Florida 2 Montreal 1
NY Rangers 4 Calgary 3 (SO)
Chicago 3 Los Angeles 1
Anaheim 3 Edmonton 2
Tuesday's games — All Times Eastern
Calgary at Boston, 7 p.m.
Winnipeg at Buffalo, 7 p.m.
Tampa Bay at NY Islanders, 7 p.m.
Florida at Toronto, 7 p.m.
Anaheim at Detroit, 7:30 p.m.
Phoenix at Montreal, 7:30 p.m.
Washington at Philadelphia, 7:30 p.m.
Vancouver at Minnesota, 8 p.m.
San Jose at St. Louis, 8 p.m.
Chicago at Nashville, 8 p.m.
Colorado at Dallas, 8:30 p.m.
Edmonton at Los Angeles, 10:30 p.m.
Wednesday's games
Ottawa at New Jersey, 7:30 p.m.
Pittsburgh at NY Rangers, 8 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	36	24	7	5	135	101	53
St. Louis	32	22	6	4	112	76	48
Colorado	32	22	9	1	94	75	45
Minnesota	35	19	11	5	81	81	43
Dallas	32	15	12	5	92	99	35
Nashville	33	16	14	3	77	92	35
Winnipeg	35	15	15	5	93	102	35

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	35	23	7	5	111	89	51
Los Angeles	34	22	8	4	94	68	48
San Jose	33	20	7	6	108	82	46
Vancouver	35	20	10	5	98	83	45
Phoenix	32	18	9	5	104	100	41
Calgary	33	13	15	5	86	106	31
Edmonton	35	11	21	3	93	120	25

Note: Two points for a win, one point for overtime loss.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	18	28	46
Kane, Chi	19	26	45
Malkin, Pgh	9	32	41
Getzlaf, Ana	16	23	39
Ovechkin, Wash	28	9	37
Tavares, NYI	13	24	37
Perry, Ana	21	15	36
Backstrom, Wash	8	28	36
Steen, StL	22	13	35
Thornton, SJ	5	30	35
Kunitz, Pgh	17	16	33
Sharp, Chi	16	17	33
Kessel, Tor	17	15	32
Marleau, SJ	15	17	32
Toews, Chi	13	19	32
Seguin, Dal	17	14	31
St. Louis, TBL	13	18	31
D. Sedin, Vcr	11	20	31
H. Sedin, Vcr	9	22	31
Backes, StL	16	14	30
Ryan, Ott	15	15	30
Little, Win	13	17	30
Pavelski, SJ	12	18	30
Zetterberg, Det	11	19	30
Couture, SJ	10	20	30
Karlsson, Ott	9	21	30
Hudler, Cal	9	21	30
Keith, Chi	2	28	30

Not including last night's games

NBA

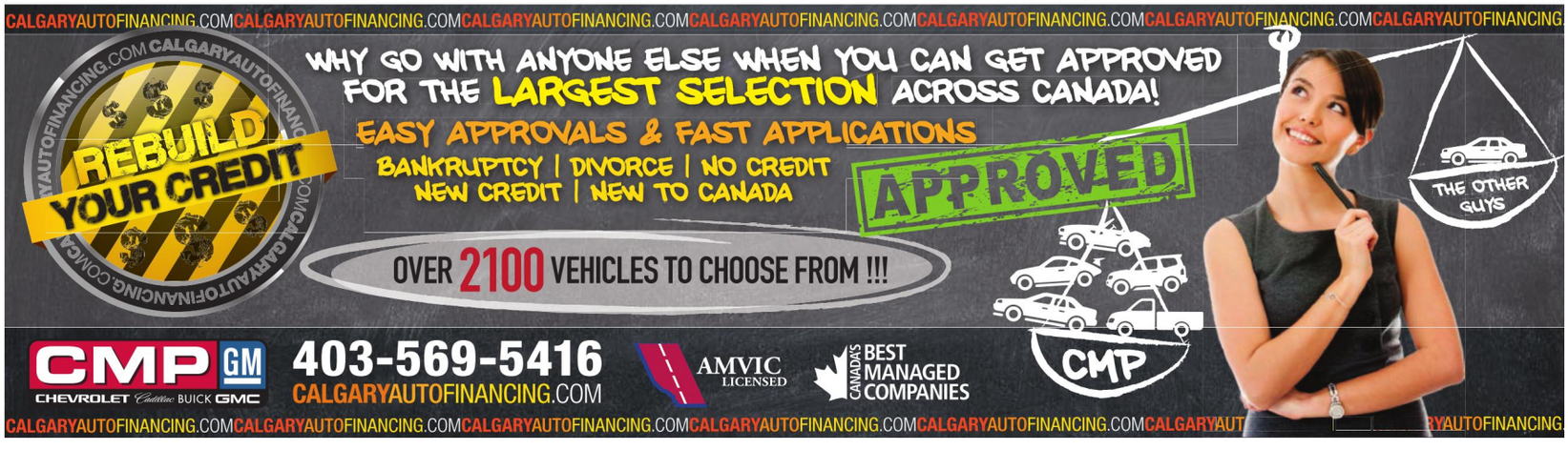
EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	20	4	.833	—
d-Miami	18	6	.750	2
Atlanta	13	12	.520	7 1/2
d-Boston	12	14	.462	9
Detroit	12	14	.462	9
Washington	10	13	.435	9 1/2
Charlotte	10	14	.417	10
Toronto	9	13	.409	10
Chicago	9	14	.391	10 1/2
Cleveland	9	14	.391	10 1/2
Brooklyn	9	15	.375	11
Orlando	8	17	.320	12 1/2
New York	7	17	.292	13
Philadelphia	7	19	.269	14
Milwaukee	5	19	.208	15

WESTERN CONFERENCE

	W	L	Pct	GB
d-Portland	21	4	.840	—
Oklahoma City	19	4	.826	1
d-San Antonio	19	4	.826	1
d-L.A. Clippers	16	9	.640	5
Houston	16	9	.640	5
Phoenix	14	9	.609	6
Denver	14	9	.609	6
Dallas	14	10	.583	6 1/2
Golden State	13	12	.520	8
New Orleans	11	11	.500	8 1/2
Minnesota	12	13	.480	9
L.A. Lakers	11	13	.458	9 1/2
Memphis	10	13	.435	10
Sacramento	7	15	.318	12 1/2
Utah	6	21	.222	16

d - division leader
Monday's results
Detroit 101 Indiana 96
Boston 101 Minnesota 97
Atlanta 114 L.A. Lakers 100
Miami 117 Utah 94
Washington 102 New York 101
Brooklyn 130 Philadelphia 94
Orlando 83 Chicago 82
San Antonio at L.A. Clippers
Sunday's results
Portland 111 Detroit 109 (OT)
Sacramento 106 Houston 91
Minnesota 101 Memphis 93
Oklahoma City 101 Orlando 98
Denver 102 New Orleans 93
Phoenix 106 Golden State 102
Tuesday's games — All Times Eastern
Portland at Cleveland, 7 p.m.
Sacramento at Charlotte, 7 p.m.
L.A. Lakers at Memphis, 8 p.m.
Oklahoma City at Denver, 9 p.m.
New Orleans at Golden State, 10:30 p.m.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Horoscopes

♈ Aries
March 21 - April 20
There are times when it is right to back down but this isn't one of them. If you find yourself under attack today, stand up and fight back. Don't be intimidated by noise makers.

♉ Taurus
April 21 - May 21
You may feel compelled to accept what is offered but if you are not happy with the terms, speak up or there will be trouble further down the line. You are not being selfish by holding out for more.

♊ Gemini
May 22 - June 21
The full moon in your sign suggests at least one challenge is heading your way and it is important that you face up to it. Don't let anyone bully you.

♋ Cancer
June 22 - July 23
Do others have your best interests at heart? Why leave it to chance? Money matters and business issues are a minefield, so tread carefully and make sure you are not being cheated.

♌ Leo
July 24 - Aug. 23
You may be brave by nature but taking risks is best avoided today, especially on the home front where loved ones are unlikely to see the funny side of your pranks — and even less if they have to come and rescue you.

♍ Virgo
Aug. 24 - Sept. 23
Someone will be aggressive towards you today. What have you done to deserve being treated harshly? Probably nothing but they may see it as getting you back for something you previously did. Let it pass.

♎ Libra
Sept. 24 - Oct. 23
You can be persuasive at times but don't go too far and demand that people change their views. Communication is about the exchange of ideas, not forcing your ideas on those who clearly don't want them.

♏ Scorpio
Oct. 24 - Nov. 22
Someone will give you a hard time today and you are not the sort to back down. However, if you find yourself battling someone in a position of power, don't take it too far.

♐ Sagittarius
Nov. 23 - Dec. 21
If you know what is good for you, keep a low profile over the next 24 hours. A full moon in your opposite sign means you will encounter people who rub you the wrong way. You don't have to interact with them.

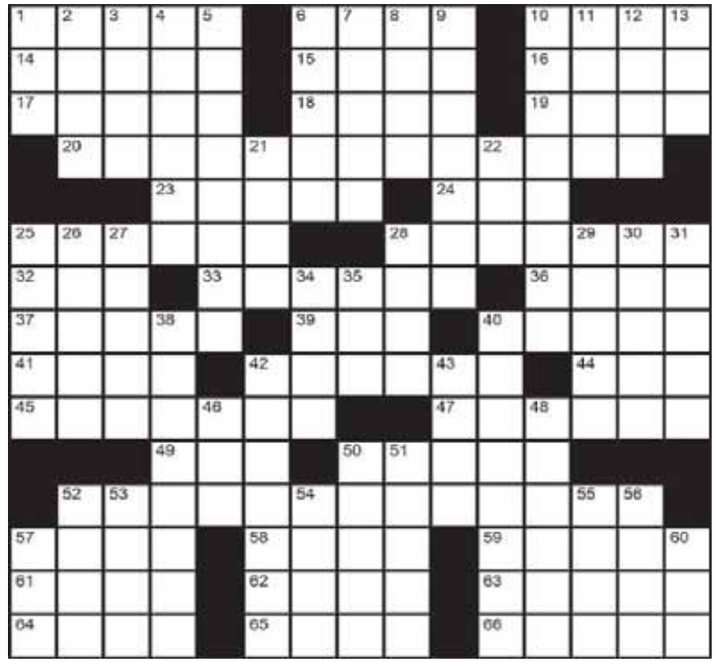
♑ Capricorn
Dec. 22 - Jan. 20
Don't waste your time arguing about something that is trivial. If you find yourself losing your temper with someone who refuses to see sense, just turn your back and walk away.

♒ Aquarius
Jan. 21 - Feb. 19
Today's full moon indicates that your differences with a certain person are too strong to pretend they do not exist. If a parting of the ways is necessary so be it. You'll be better off.

♓ Pisces
Feb. 20 - March 20
Accidents will happen but that does not mean they have to happen to you. If you look for adventure, you will find it. It may be fun to begin with but later on it will be you who slips and falls. SALLY BROMPTON

Crossword: Canada Across and Down

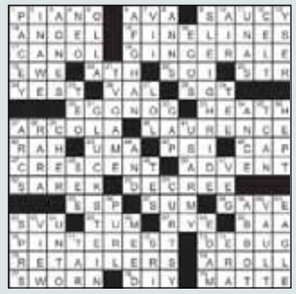
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. "That's great!": 2 wds.
6. Catch
10. Cheerios uniform letters on FOX's "Glee"
14. John __ (Tractor company)
15. Breadbasket item
16. Prefix with 'tude' (Elevation)
17. Opera highlights
18. Be goofy, __ _ fool
19. Canuck coffee spot, to regulars
20. Members of this intergovernmental forum include Canada and Iceland: 2 wds.
23. Without a __ __ stand on
24. "What??"
25. "Psst!" from above: 2 wds.
28. Maple Leafs great Doug
32. Society notice word
33. "We Three Kings of __ Are"
36. Feminizing suffix
37. Paw parts
39. Canuck motorists org.
40. "And now, the __ __..." - Paul Anka, "My Way"
41. __ Space Museum of Calgary
42. Jeff __, Animal Planet host
44. Hot season in Hull
45. Surname of the Prime Minister who won the Nobel Peace Prize in 1957
47. __ _ __ (How dishes are often sold)
49. Critical
50. Twin brother of Romulus in Roman†mythology
52. Reason for some animal extinctions: 3 wds.
57. KISS ballad
58. Shoe parts
59. Stanley of "Julie & Julia" (2009)
61. Not fooled by: 2 wds.
62. Fort __, ON
63. 1911 Edith Wharton novel, __ Frome
64. On
65. Mail
66. __ __ evil, hear...

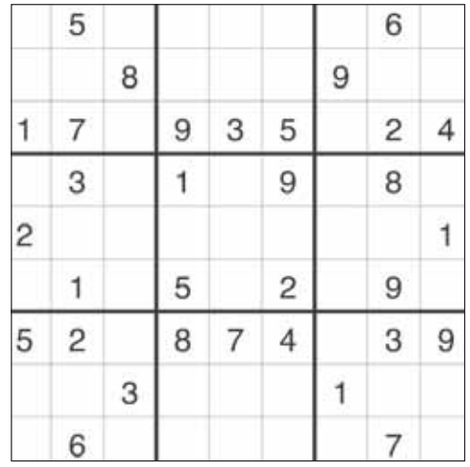
Down
1. Harem room
2. Wife of Zeus
3. Skating great Johnny
4. Prophet
5. Mythical setting of HBO's "Game of Thrones"
6. Land stretch
7. Celebrity chef Mr. DiSpirito
8. Sax sort
9. Acclaim
10. "Stereo" band from Winnipeg, The __
11. Nero's 1052
12. WWW code
13. "__-boom-bah!"
21. Disney CEO, Bob __
22. Void, in Paris
25. Open the bottle
26. Point __ (Canada mainland's most southerly tip)
27. Supremes' "I __ _ Symphony"
28. Chew
29. Waves: French
30. Join
31. Adjust anew
34. Picture
35. Hearer
38. North Pole: Santa's __
40. Master bedroom must-haves
42. Phoenix players
43. Shakespeare's foot?
46. French possessive
48. Shrewd
50. River of Germany
51. Facilitated
52. Temporarily gave
53. Director Mr. Preminger
54. Fairway warning!
55. Be sore
56. Coast-to-coast road, famously
57. Designer gown accessory
60. She gave Odysseus a veil

Yesterday's Crossword

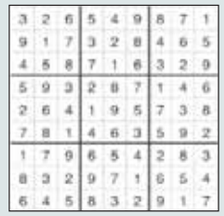


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku



Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 5° MIN: -4°	MAX: -8° MIN: -9°	MAX: -10 MIN: -21°

BT BREAKFAST TELEVISION
ANDREW SCHULTZ METEOROLOGIST
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WEEKDAYS 5:30 AM

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unicef Save the Children

IKEA

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TRUCK BUCKS: -$1000
HOLIDAY BUCKS: -$1000

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